

## “Carceral Residents’ Physical Health Concerns”

### Why this Topic is Important

The physical health of prison and jail residents suffers when they are in custody.

Physical health is linked with mental health and other important outcomes such as violence.

Science suggests a focus on nutrition is important. For carceral institutions, this may include reforms to vitamin/mineral supplementation, commissary, and healthcare.

### Key Episode Takeaways

- ✓ Lack of nutrients makes it harder for individuals to regulate stress response. Nutrient-dense diets assist with health and well-being.
- ✓ Carceral commissary prices are less significant than is the disparity between wages (available funds) and the cost of commissary goods.
- ✓ Food insecurity is an issue in prisons/jails.
- ✓ Health costs (co-pays) create a barrier to prison/jail healthcare.

### Research Science Cited in This Episode

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