

## “Health Behind Bars”

### Episode Overview

This episode discussed incarcerated individuals’ health, including how they obtain health information.



- Little is known about the sources of information incarcerated people use to understand and manage their health.
- Researchers identified sources of health information accessed by incarcerated people and examined how that reliance was associated with their self-rated health.

### TAKEAWAYS

- ✓ Television and social contacts are the most common sources of health information for incarcerated adults.
- ✓ Getting health information from magazines and books or brochures was associated with better self-rated health for incarcerated adults.
- ✓ The study’s findings suggest ways of significantly improving healthcare in correctional facilities.