

Physical and Mental Health in Prison

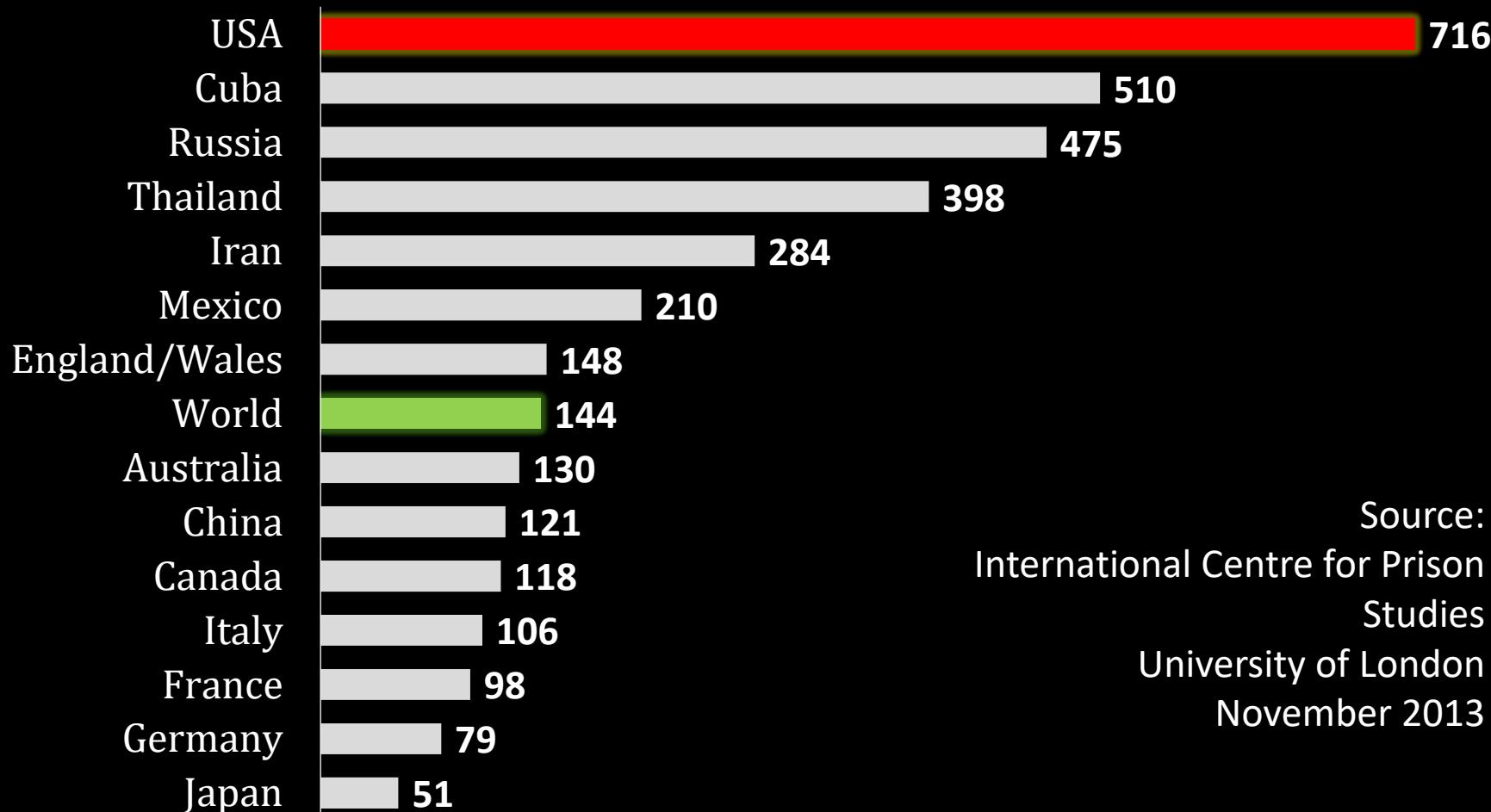
An Overview

Michael Golding, MD

Overview

- The US has very high rates of incarceration relative to the world
- That has adverse consequences for physical and mental health
- The mentally ill do not seem to be given leniency
- There are moral consequences of a punitive system (case studies)

Prison population per 100,000 citizens by country

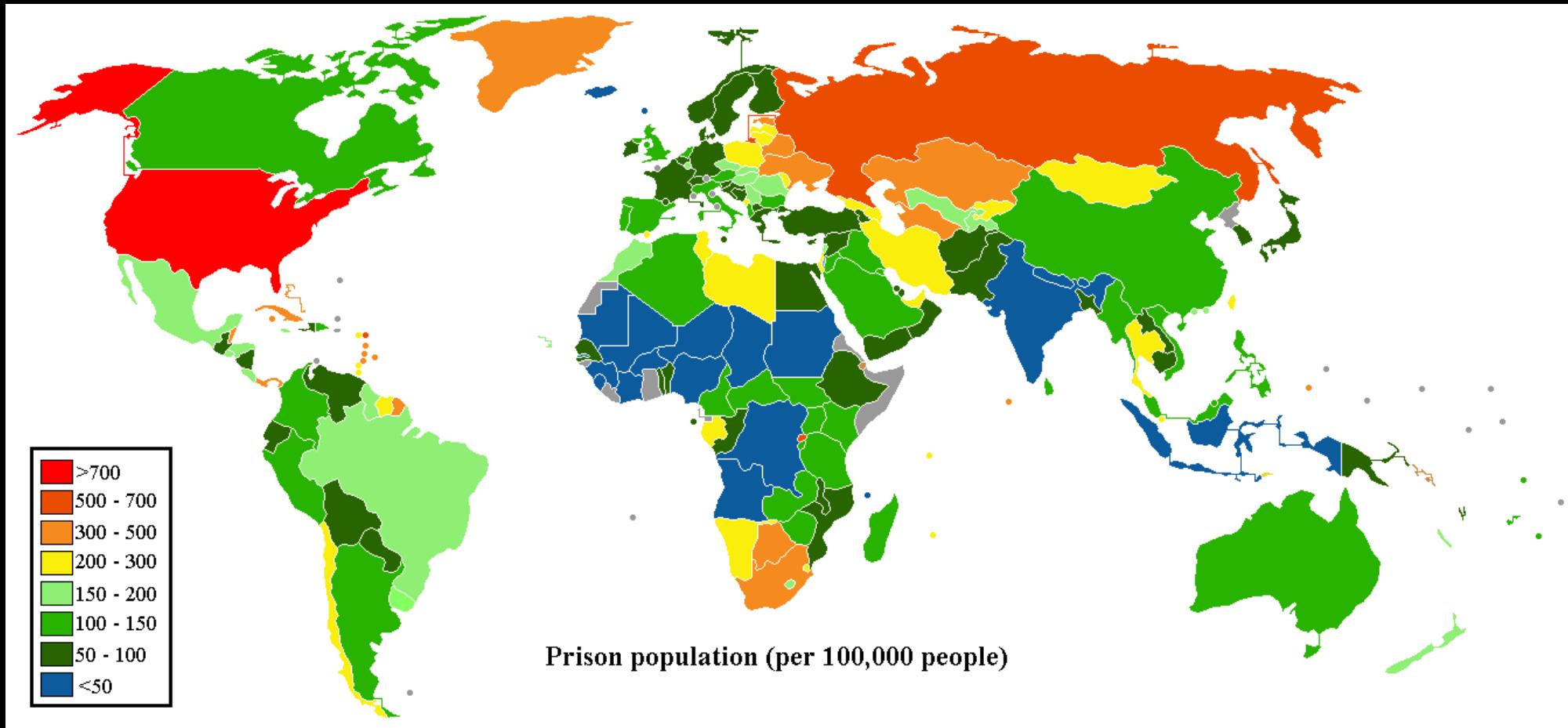


Source:
International Centre for Prison
Studies
University of London
November 2013

SLIDE COURTESY PAUL BURTON, MD

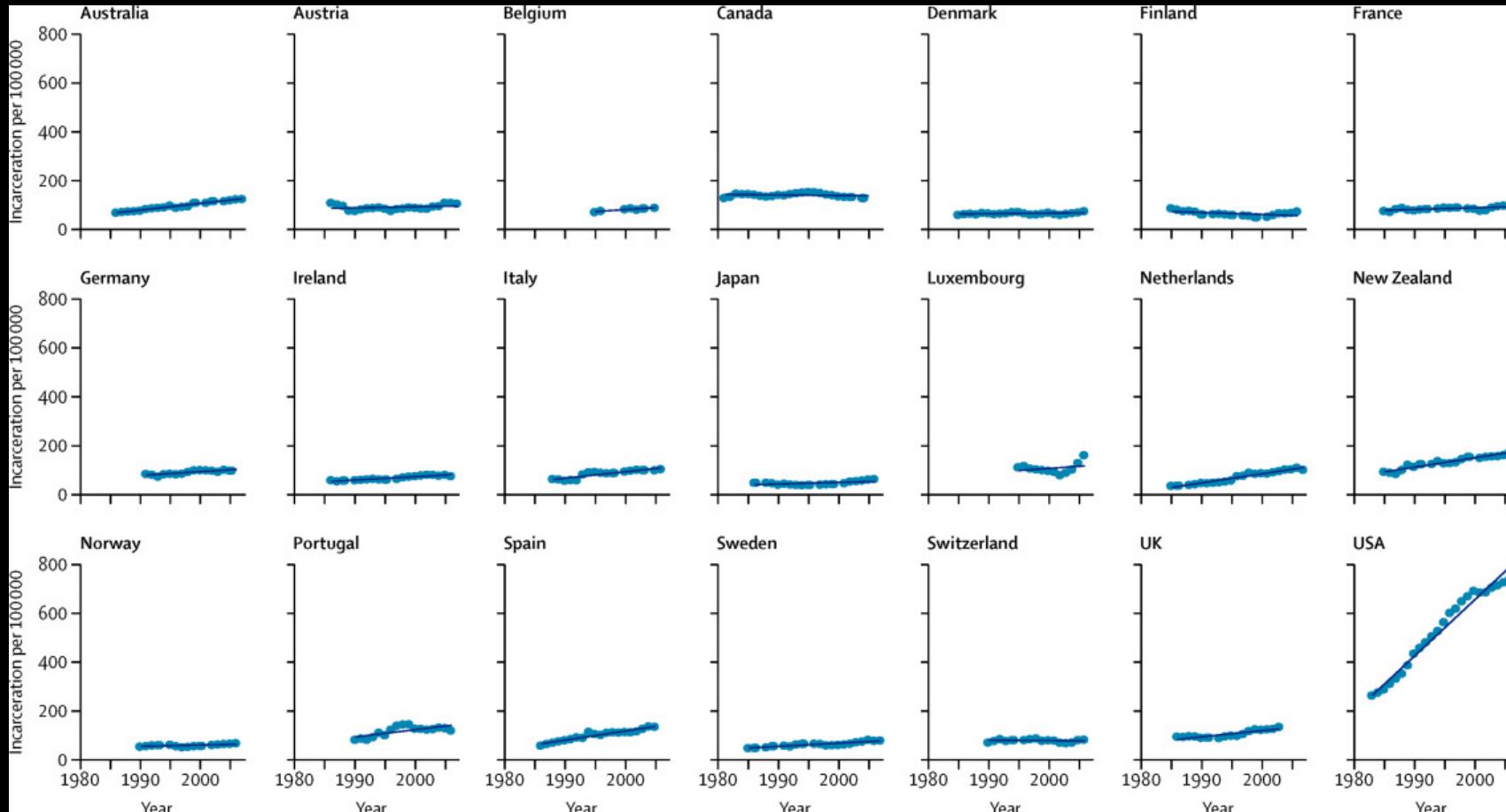
USA Rate of Incarceration

- Currently 700 per 100,000 incarcerated in USA
- 1950: 175 per 100,000. Finland was 185 per 100,000
- Increasing incarceration rate in the 1970's. Why? Hard to know.
 -war on drugs
 -deinstitutionalization of the mentally ill
 -3 strikes laws (life imprisonment for 3rd felony, even if not serious),
 -mandatory minimum sentencing.

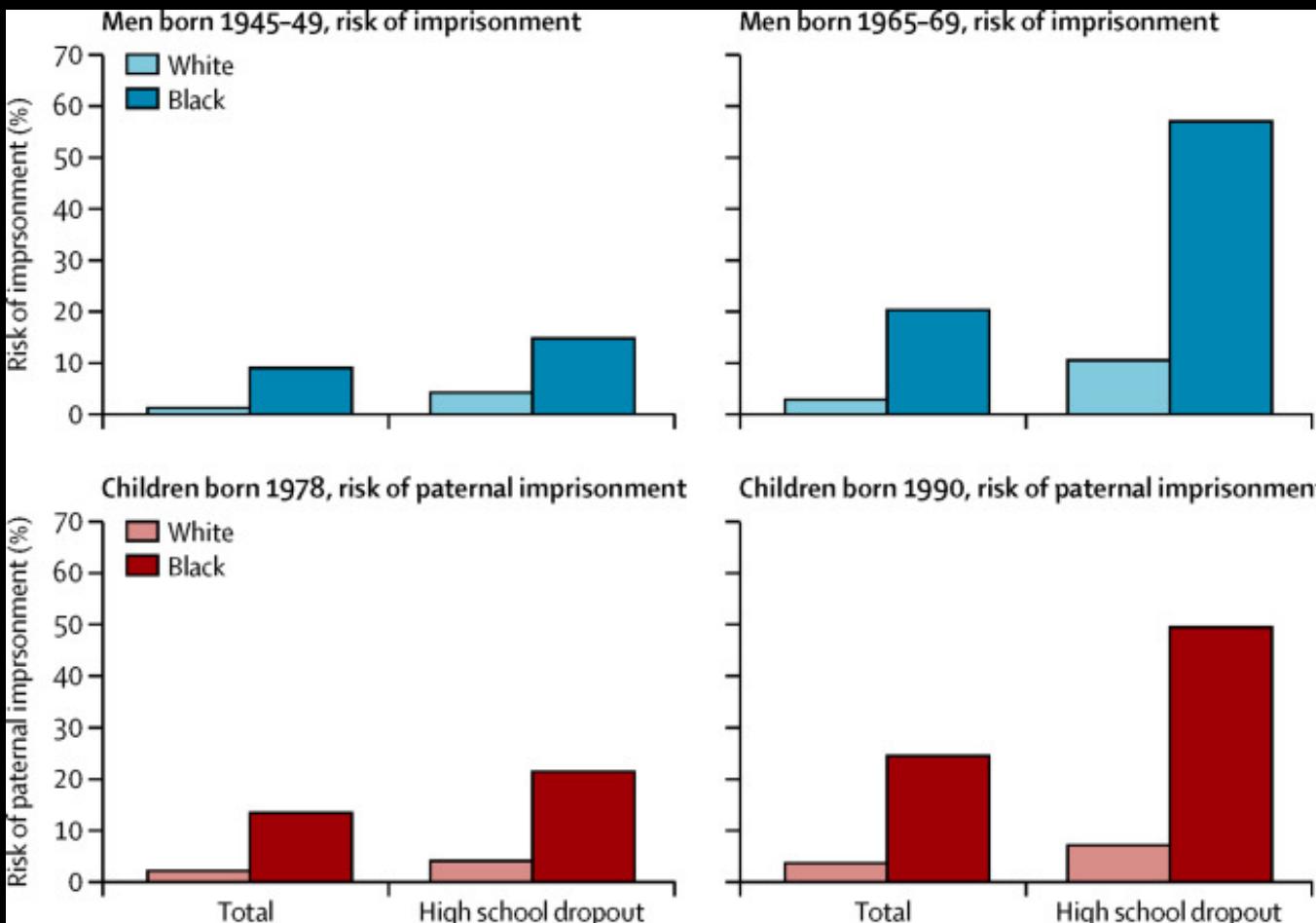


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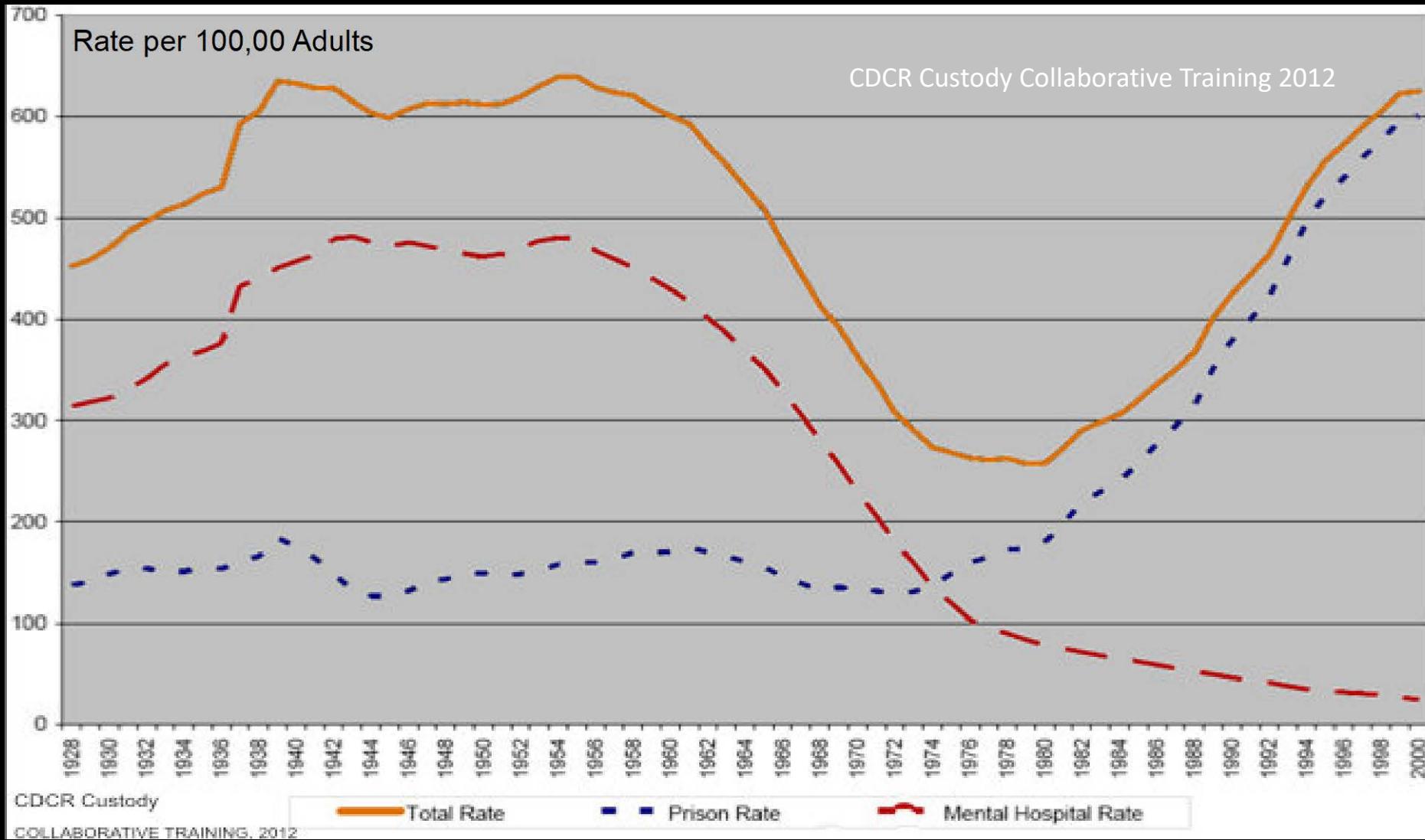
INCREASE IN INCARCERATION RATE – USA



RACIAL DISPARITIES IN IMPRISONMENT



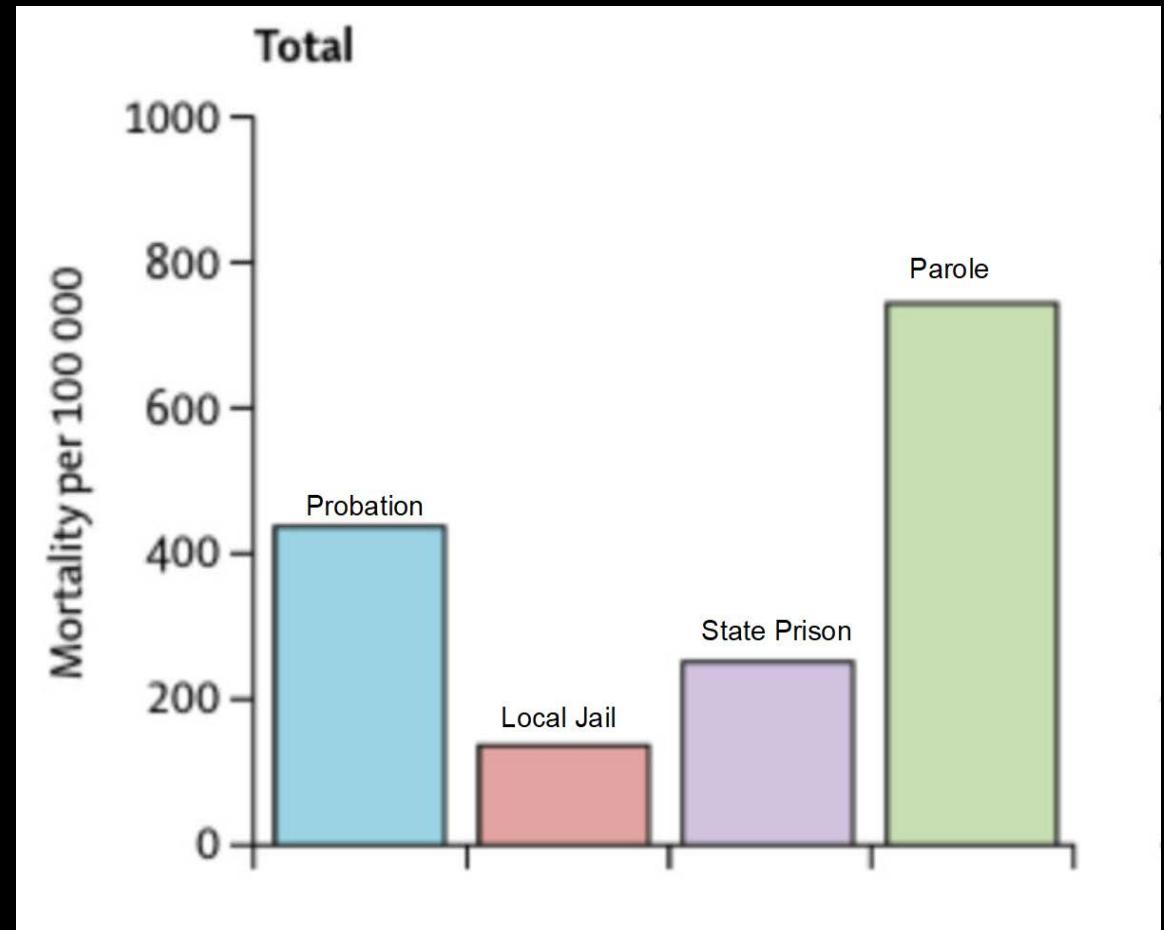
Mentally Ill in Prison Also Increasing



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We all know prison is bad for your health, right?

1. Incarceration short-term physical health improvement particularly AA males?
2. Decreased risk of death for AA?
 - a. by violence or accidents,
 - b. reduced access to illicit drugs and alcohol, and improved health care access,
 - c. Improved health care access
3. Decreased mortality for AA male prisoners does not hold for other subpopulations of prisoners or after AA release.



Data from 15 US States

Lancet 2017; 389: 1464–74 Wildeman, Wang

Total Health Effect of Incarceration

- Health Effects of Incarceration: Interaction of time spent incarcerated and time spent free.
- Prison doesn't just affect prisoners when they are *in* prison: they spend roughly 6 times as long outside prison experiencing the consequences of *past* incarceration, than they spend incarcerated.
- Does incarceration prepare prisoners to be healthier when they leave?
- What if the patient were never incarcerated? In net, would the patient be healthier?

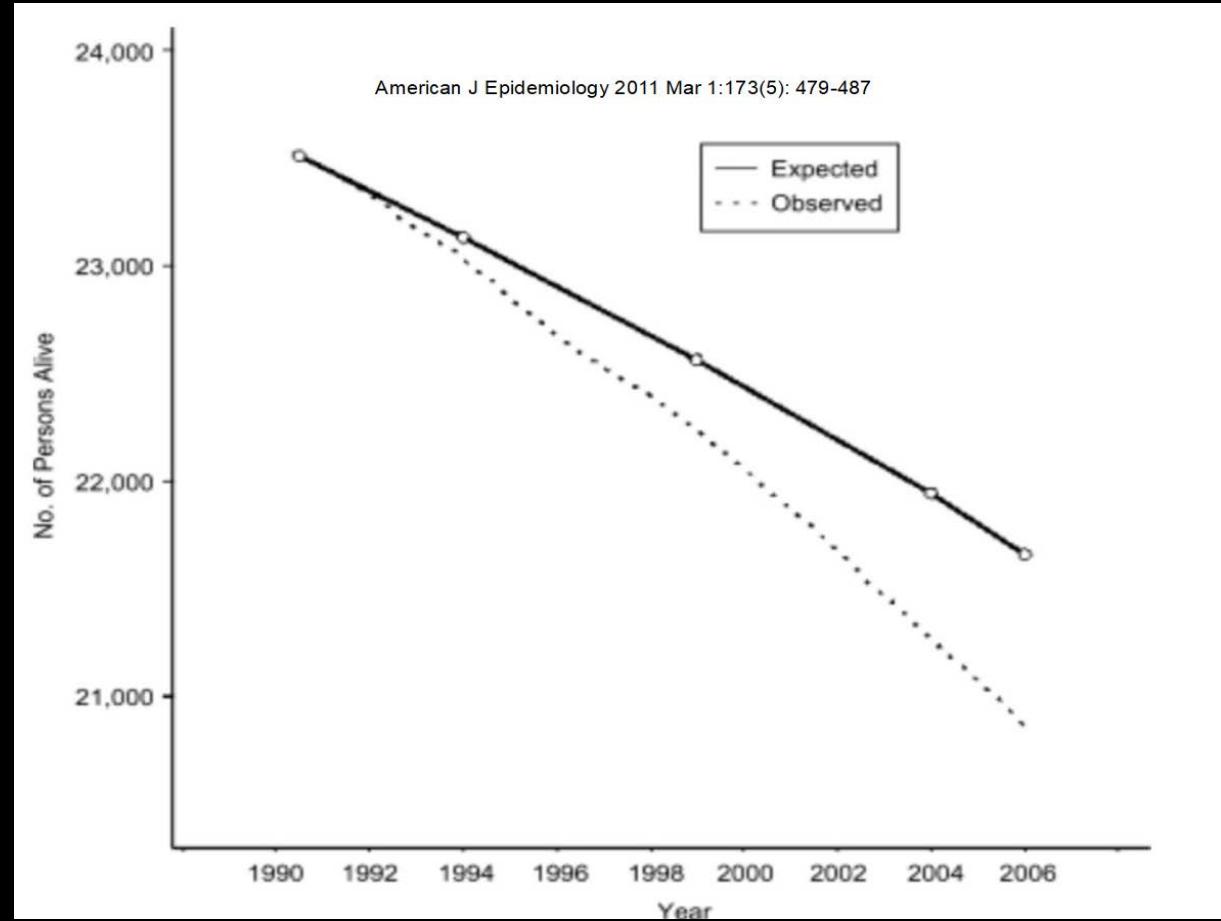
Caveat

“the teasing out of causal relationships between incarceration and health outcomes on the basis of existing research is difficult because there are no randomized controlled trials of incarceration relative to no incarceration in this research area.”

Prison in Net is Bad for Your Health

Georgia Inmates Released From Prison

Consensus: Prison is Bad for Health



Depression



"Melancholic" Undated

Fredrick Sandys, 1829-1904

Incarcerated Population

- Higher rates of STD's (HIV and HEP C),
- Higher rates of HTN, diabetes, asthma,
- Cardiovascular Disease: Stress is high in prison and in prison environments: increased IL-6, TNF-alpha, Increased Cardiovascular reactivity to stress, endothelial dysregulation, heart disease progression and higher death rates post MI.

Stress is bad for you

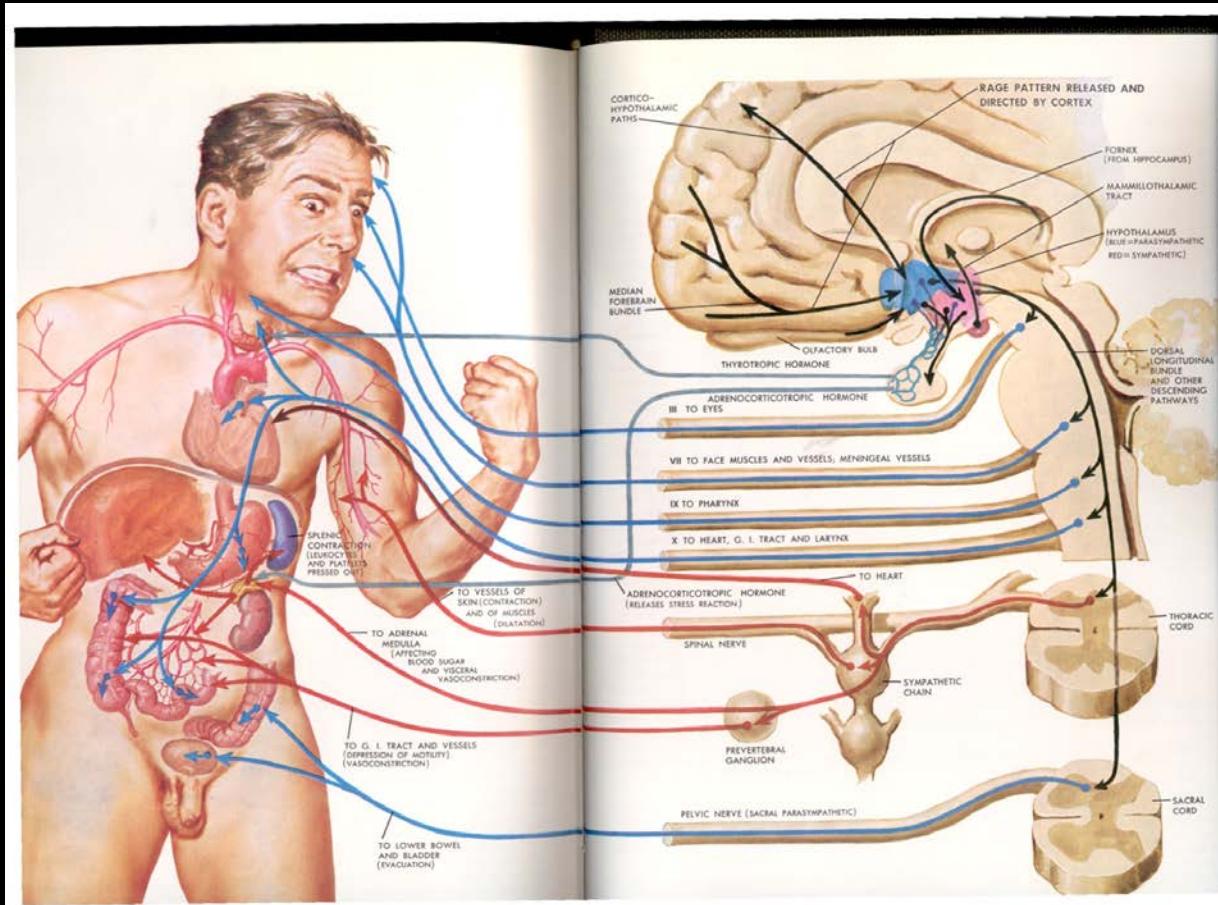
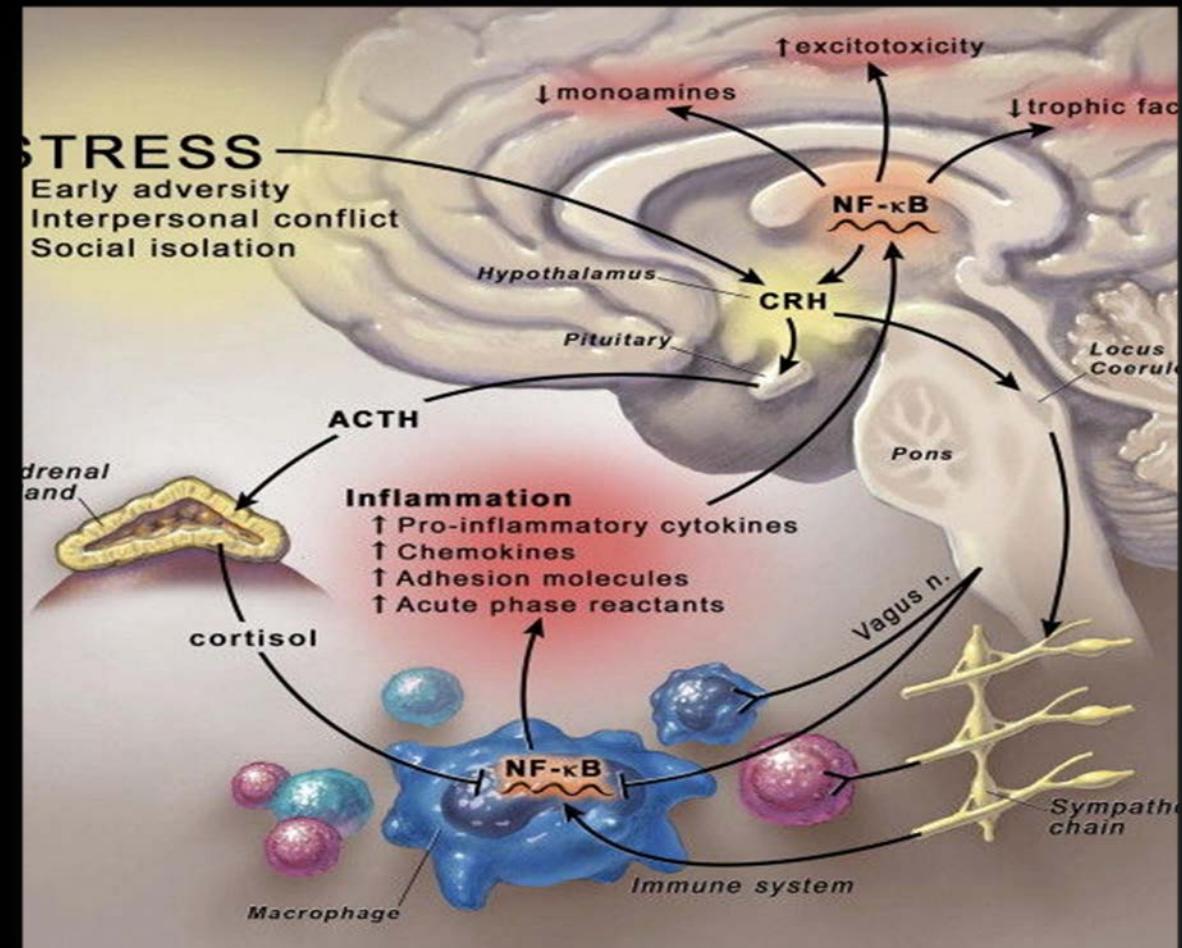


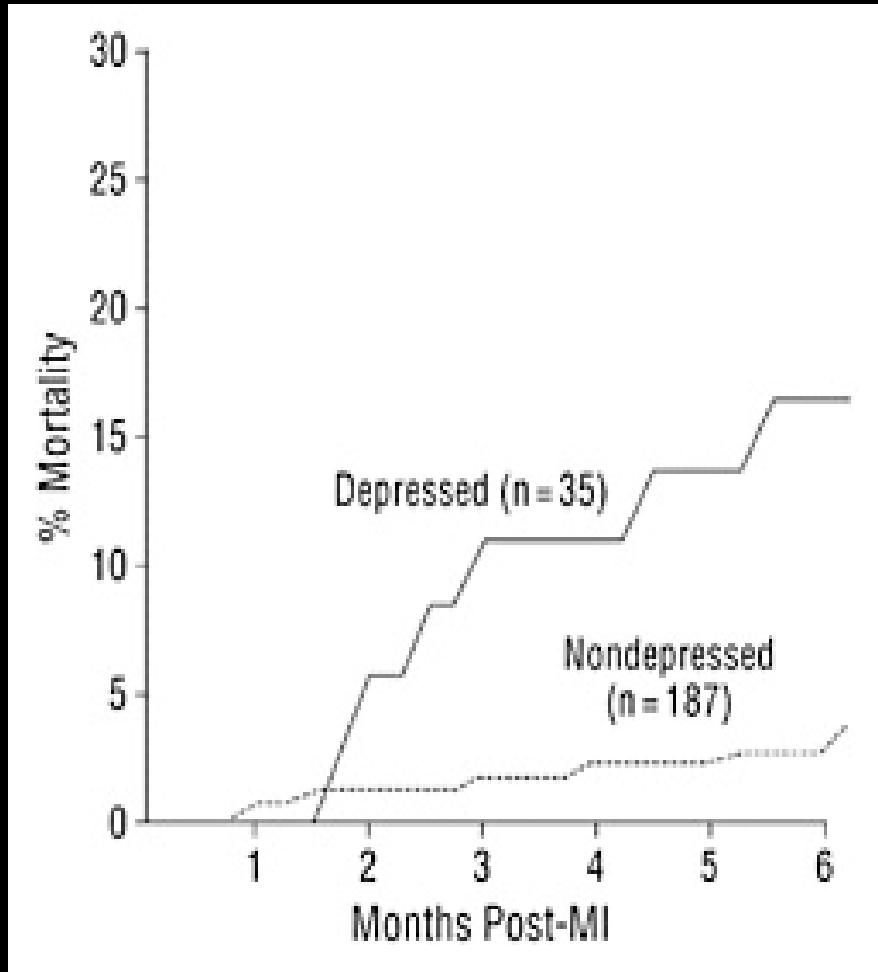
Diagram from Netter



Lewis Mehl-Madrona [Future Health](#)
Wed, 01 Aug 2012 17:45 UTC

Depression – 6-month Prognosis Post MI

- Objective: Determine if depression following MI has effect on cardiac mortality
- Methods: 222 subjects meeting criteria for MI followed for 6 months
- Results
 - 16% met criteria for depression



Prisons & jails: 21st century state psychiatric hospitals?

- Schizophrenia, other psychotic disorders, and major mood disorders 2-10 times community rate
- Female PTSD rates as high as 48%
- 15% of US prison inmates prescribed psychiatric medication
- Incarcerated mentally ill 60% more likely to report physical victimization when in prison than non-mentally-ill
- Most prisons nationally have not been equipped for influx of mentally ill inmates over last generation

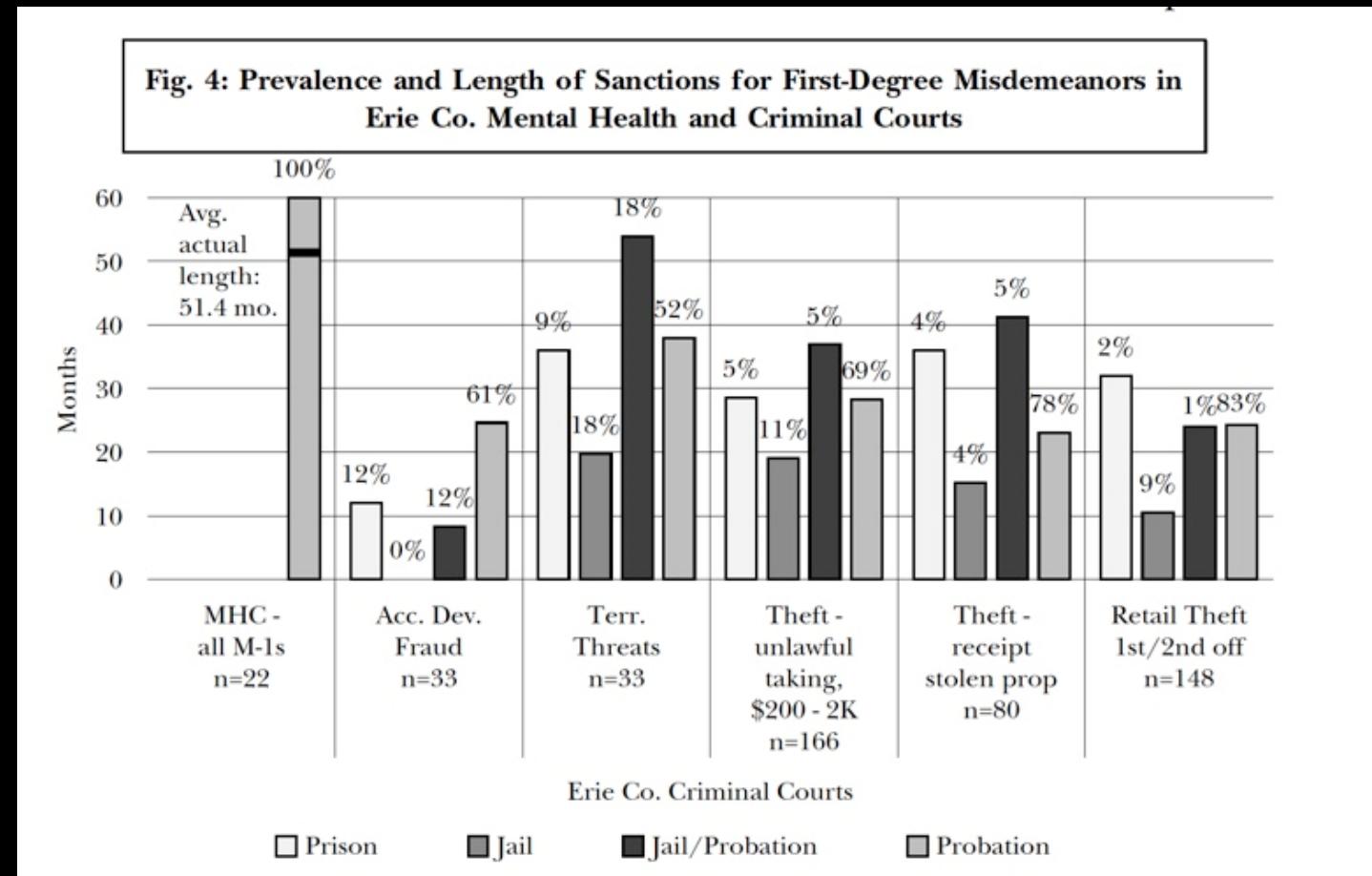
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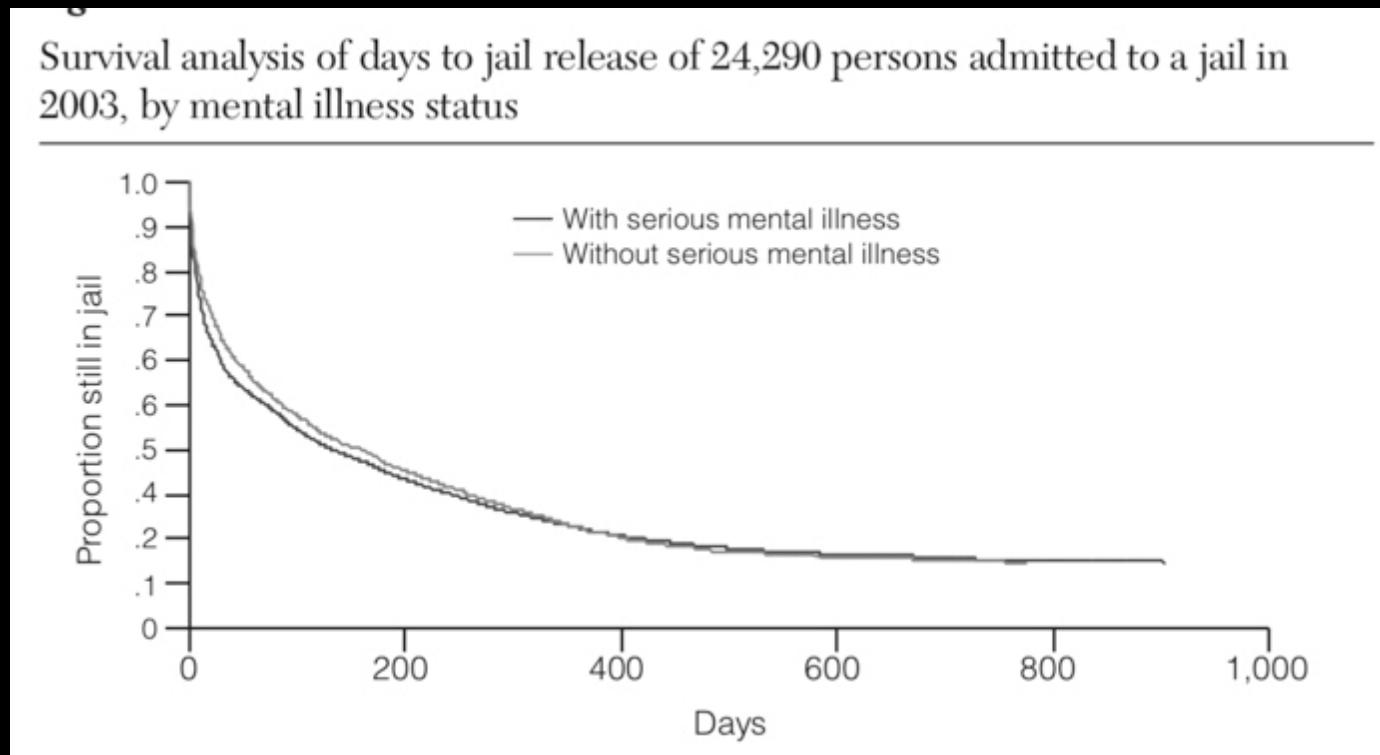
NOT OBVIOUS MENTALLY ILL GIVEN LENIENCY (1/2)

1. Treatment courts may be more likely to issue harsher sentences than traditional courts
2. Compared: Pennsylvania's Erie County mental health court and county criminal courts.
3. Sentenced individuals who committed the same offenses 2010-2014
4. True for misdemeanors and felonies.



NOT OBVIOUS MENTALLY ILL GIVEN LENIENCY (2/2)

1. Medicaid records from the City of Philadelphia behavioral health system and data from Philadelphia County's jail system.
2. All adults between the ages of 18 and 64 who were living in the City of Philadelphia and eligible for Medicaid in Pennsylvania in 2003.
3. The study did not control for seriousness of the offense.



Culpability can differ for different mental illnesses

SCHIZOPHRENIA

- 44 YO patient found in a neighbor's home, claims the house and its property is his and assaults a police officer when confronted.

PERSONALITY DISORDER

- 44 YO patient found in a neighbor's home, taking the property of the neighbor, claims he deserves it, and assaults the police officer when confronted.

Discussion

- *Is it right to convict?*
- *Should it change the type of sentence?*
- *Does sentencing send a deterrent message to mentally ill persons?*
- *If our prisons are full of people who lack capacity, how does that affect the deterrent effect of incarceration?*
- *Is any given punishment worse for the mentally ill?*
- *Does prison worsen mental illness so any given sentence is unfairly harsh?*

Conclusion

- The US has very high rates of incarceration relative to the world
- That has adverse consequences for physical and mental health
- The mentally ill do not seem to be given leniency
- There are moral consequences of a punitive system