

SUMMARY (ENGLISH)

Introduction

This concerns a study into the health status and nutritional status of individuals upon entering the Penitentiary Institutions in the Netherlands. Both prevalence of somatic and psychological complaints were assessed. It was checked whether there are multiple disorders and which medication was used. In addition, the nutritional status was assessed.

Method

A cross-sectional study was conducted among 236 detainees in three penitentiary institutions in the period from May 2018 to January 2019. Measurements were carried out (anthropometric measurements, body composition, handgrip strength and blood pressure) and questionnaires were conducted among detainees. All this took place within a timeframe of a maximum of 14 days from the day that the detainee was confined to the institution.

Results

Complaints

One in two detainees has somatic complaints and one in four has psychological complaints. One in six has both somatic and psychological complaints. The most common somatic complaints are complaints related to the musculoskeletal system, sleep, heart, lung, head, stomach, eye and skin. The most common psychological complaints concern complaints related to ADHD, aggression disorder and depression. By specific recall the number of oral health problems was quite large.

Nutritional status

The prevalence of obesity is not a major problem among detainees, but the negative consequences of being obese/overweight can occur because the body composition of a large proportion of detainees is out of balance (low muscle mass, high fat mass). The prevalence of food insecurity is high: one in five detainees.

Risk groups

The prevalence of low muscle mass and/or a moderately elevated weight related health risk (based on high BMI and comorbidity) is related to more somatic complaints. Having food insecurity is highly related to psychological complaints. Alcohol abuse was, independent of food insecurity, related to psychological complaints. Age (over 35 years) was related to more somatic complaints.

Conclusion

To the question "What is the health and nutritional status of detainees upon entering Penitentiary Institutions in the Netherlands?" we can answer that the number of somatic and psychological complaints is considerable, that weight is not necessarily a concern, but low muscle mass and high fat mass is, and that food insecurity as well as oral health requires much more attention in the care of detainees.