

Good example of research paper on nutrition education to inmates

[Technology](#), [Development](#)



One of the major duties of public health is to help prevent diseases by promoting healthy lifestyles by promoting healthy habits. One of the main unhealthy habits the department is fighting in the modern world is unhealthy eating habits. Poor eating habits are among the major causes of many diseases today. Public health seeks to help the community reduce the increasing rate of diseases caused by poor eating habits. This is through education programs that enlighten people on the importance of eating healthy diets. These programs target the most people likely to be victims of these habits. Inmates are vulnerable to poor eating habits even after they complete their jail terms. Inmates are vulnerable to poor eating habits even after they complete their jail terms. Efforts to train these people on nutrition and healthy eating habits will help them adapt to life outside prison easily (Mays and Winfree 2005). A program to educate these inmates on good nutrition and eating habits would not only help them prolong their lives but also adapt to life outside prison.

One of the major challenges of inmates after they attain their freed is how adapt to the society. They have difficulties in developing lifestyles acceptable in the society. Eating habits help develop the lifestyle of a person. Developing proper eating habits would help these inmates develop good daily routines that could help them stop living in crime. Many inmates resume their criminal ways in search of money for food. This program will help the inmates learn how to get affordable balanced diets. This will help them prolong their lives and still live a life free of crime. Helping these inmates develop acceptable lifestyles and nutrition will help them reintegrate with the community.

References

Mays, G. L., & Winfree, L. T. (2005). *Essentials of corrections* (3rd ed.). Belmont, CA: Thomson/Wadsworth publishers.