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The Health of Criminals Related to Behaviour, Food, Allergy and Nutrition: A Controlled Study of 100 Persistent Young Offenders

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Abstract:

This questionnaire-based research addressed the young offender population in order to estimate the proportion likely to have food allergic and other nutritionally related disorders such as hyperactivity. A controlled health and dietary survey was conducted with 100 young offenders and 100 matched non-offenders. The offender group reported significantly higher rates of ill health than the non-offender group. It is suggested that the nutritional health of young offenders could be investigated as part of present statutory requirements to consider the physical and mental health of young criminals. There was no real difference between the diets of the two groups. Further research is justified into the association between nutrition, health and behaviour problems. From this study, the proportion of the persistent young offender population with maladaptive behaviours linked to food allergy, food intolerance and nutritional problems is cautiously estimated to be 75% whereas 18% of the young non-offender population is similarly affected.

Keywords:

Young Offenders Hyperactivity Food Allergy Food Intolerance Diet Nutrition Behaviour

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