**Table 3:** Results of Ordinal Logistic Regression for Higher Health Self-Efficacy with respect to Prior Substance Use Treatment (n = 29) and No treatment (n = 96).

|  |  |  |  |
| --- | --- | --- | --- |
| **After being released from prison** | **%** | **OR** | **CI** |
| Eat Sensibly |  | 0.58 | 0.15 - 2.16 |
| Treatment | 89.7 |  |  |
| No Treatment | 83.5 |  |  |
| Get Enough Exercise |  | 1.43 | 0.60 - 3.41 |
| Treatment | 62.1 |  |  |
| No Treatment | 70.1 |  |  |
| Get Enough Sleep |  | 0.54 | 0.17 - 1.73 |
| Treatment | 86.2 |  |  |
| No Treatment | 77.3 |  |  |
| Get Enough Relaxation |  | 0.58 | 0.22 - 1.58 |
| Treatment | 79.3 |  |  |
| No Treatment | 69.1 |  |  |
| Watch Your Weight |  | 0.47 | 0.18 - 1.21 |
| Treatment | 79.9 |  |  |
| No Treatment | 59.8 |  |  |
| Not Smoke Cigarettes |  | 1.03 | 0.44 - 2.41 |
| Treatment | 41.4 |  |  |
| No Treatment | 42.3 |  |  |
| See a Doctor for Regular Check up |  | 1.81 | 0.78 - 4.19 |
| Treatment | 51.7 |  |  |
| No Treatment | 66 |  |  |
| Do things in moderation |  | 2.46 | 0.94 - 6.42 |
| Treatment | 69 |  |  |
| No Treatment | 84.5 |  |  |
| Avoid Over Working |  | 2.22 | 0.94 - 5.23 |
| Treatment | 55.2 |  |  |
| No Treatment | 73.2 |  |  |
| Limit Foods containing Fats and Sugars |  | 2.79 | 1.12 - 6.91 |
| Treatment | 27.6 |  |  |
| No Treatment | 51.5 |  |  |
| Not Let Thing Get You Down |  | 2.47 | 1.04 - 5.87 |
| Treatment | 55.2 |  |  |
| No Treatment | 75.3 |  |  |
| Take Weekly Saunas |  | 0.58 | 0.21 - 1.58 |
| Treatment | 79.3 |  |  |
| No Treatment | 69.1 |  |  |
| Prevent Illness by following suggestions of local pharmacist |  | 0.47 | 0.18 - 1.21 |
| Treatment | 75.9 |  |  |
| No Treatment | 59.8 |  |  |
| Keep Cold Remedies and Aspirin around the House |  | 1.04 | 0.44 - 2.47 |
| Treatment | 41.4 |  |  |
| No Treatment | 42.3 |  |  |
| Use Health Protective Information provided by a Health Columnist |  | 2.46 | 0.94 - 6.42 |
| Treatment | 69 |  |  |
| No Treatment | 84.5 |  |  |
| Avoid getting chilled |  | 2.22 | 0.94 - 5.23 |
| Treatment | 55.2 |  |  |
| No Treatment | 73.2 |  |  |
| Adhere to diet proscribed by Dietary Standards |  | 2.79 | 1.13 - 6.91 |
| Treatment | 27.6 |  |  |
| No Treatment | 51.5 |  |  |
| Avoid drinking alcohol or partying too much |  | 2.41 | 1.04 - 5.87 |
| Treatment | 55.2 |  |  |
| No Treatment | 75.3 |  |  |
| Take Vitamins daily |  | 1.17 | 0.46 - 2.93 |
| Treatment | 27.6 |  |  |
| No Treatment | 30.9 |  |  |
| Follow advice of people who know more about health than you |  | 1.24 | 0.52 - 2.93 |
| Treatment | 62.1 |  |  |
| No Treatment | 67 |  |  |
| Pray and live by religious principles |  | 0.98 | 0.32 - 2.93 |
| Treatment | 82.8 |  |  |
| No Treatment | 82.5 |  |  |
| Avoid areas with high pollution |  | 1.03 | 0.44 - 2.44 |
| Treatment | 62.1 |  |  |
| No Treatment | 62.9 |  |  |
| Take over the counter medicines |  | 1.47 | 0.47 - 4.62 |
| Treatment | 82.8 |  |  |
| No Treatment | 87.6 |  |  |
| Discuss health concerns with family and friends |  | 1.12 | 0.47 - 2.67 |
| Treatment | 34.5 |  |  |
| No Treatment | 37.1 |  |  |
| See doctor when ill and follow their advice |  | 1.3 | 0.54 - 3.08 |
| Treatment | 62.1 |  |  |
| No Treatment | 68 |  |  |
| When ill, take prescription medicines suggest by a physician |  | 1.08 | 0.45 - 2.55 |
| Treatment | 62.1 |  |  |
| No Treatment | 63.9 |  |  |