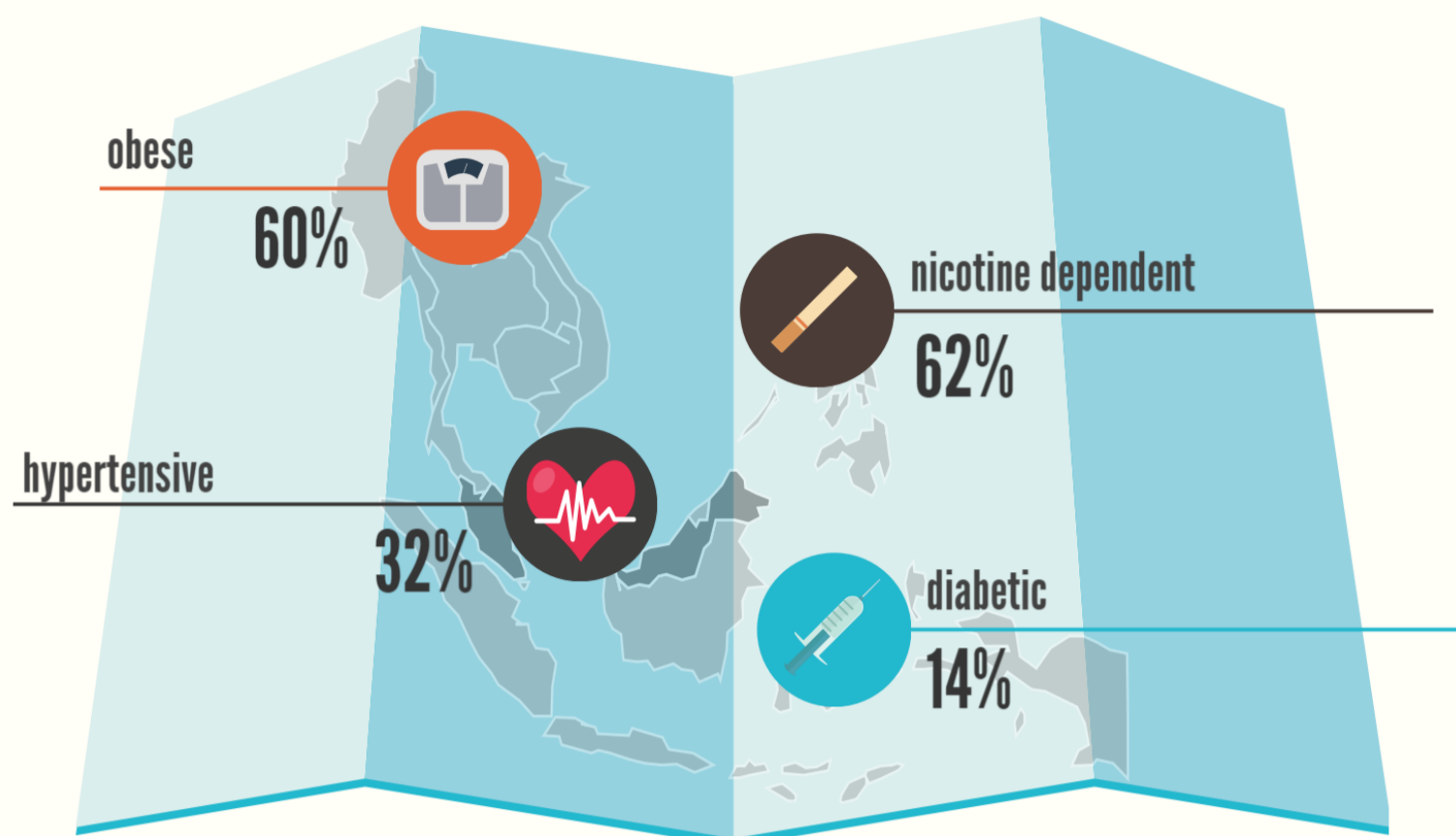


5 MIN GUIDE: THE HEALTH OF ADULTS IN RECOVERY



Sicker than members of the general population

Not getting needed medical care



CHALLENGES

CERTAIN MEDICATIONS CAUSE MEDICAL CONDITIONS

HIGH FAT & LOW FIBER DIETS

SEDENTARY LIFESTYLES

LACK OF EARLY SCREENING FOR MEDICAL CONDITIONS

LACK OF ACCESS TO PRIMARY & SPECIALITY CARE

WHAT CAN WE DO?



FOR ADULTS IN RECOVERY

WORK TOWARDS A HEALTHIER LIFESTYLE



FOR SERVICE PROVIDERS

LOOK BEYOND MENTAL HEALTH TO PHYSICAL WELLNESS



FOR POLICYMAKERS

SUPPORT INTEGRATED HEALTH CARE PROGRAMS & POLICIES



FOR SCIENTISTS

DEVELOP & STUDY HOLISTIC HEALTH PROGRAMS

FOR MORE INFO, VISIT:
center4healthandsdc.org

UIC Center for Integrated Health Care & Self-Directed Recovery

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1601 West Taylor Street
Chicago, IL 60640

Source:
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PLOS ONE

DESIGNED BY:

Piktochart