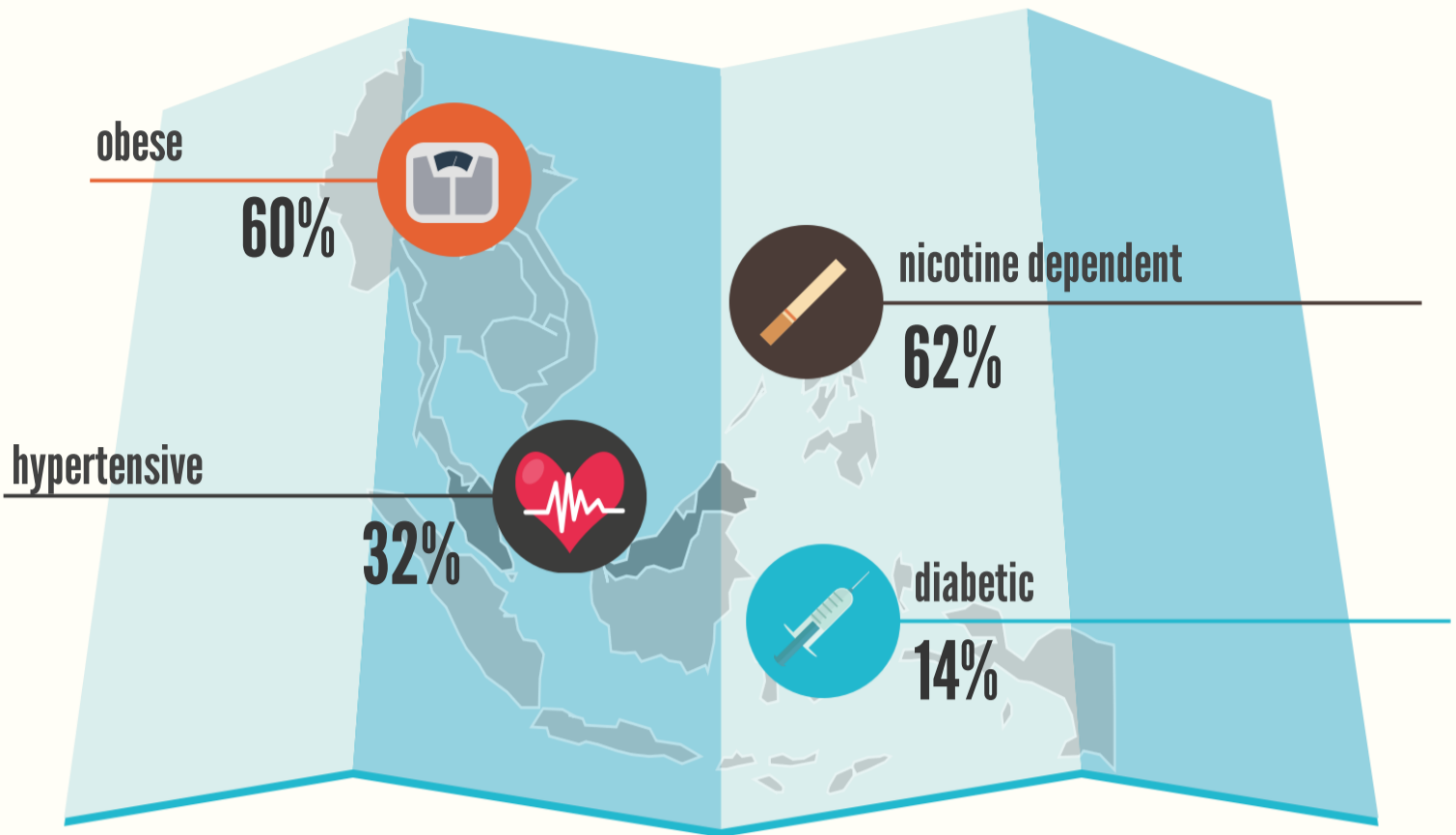


# 5 MIN GUIDE: THE HEALTH OF ADULTS IN RECOVERY



 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](http://center4healthandsdc.org)

UIC Center for Integrated Health Care & Self-Directed Recovery

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Source:  
Judith Cook et al., 2015  
PLOS ONE

DESIGNED BY:

**Piktochart**