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# Healthy Recovery: an opportunity to address smoking, diet and physical activity as part of alcohol and other substance abuse treatment

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# Healthy Recovery: an opportunity to address smoking, diet and physical activity as part of alcohol and other substance abuse treatment

## **Abstract**

Abstract of a workshop at the ADDICTION 2015: the Australian & New Zealand Addiction Conference, Gold Coast, Australia, 20-22 May.

## **Keywords**

recovery, opportunity, address, smoking, diet, physical, activity, part, healthy, alcohol, treatment, other, substance, abuse

## **Disciplines**

Education | Social and Behavioral Sciences

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# Optional Workshops

## Workshop 1

**Dr Peter Kelly**

**Senior Research Fellow, University of Wollongong**

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### **Healthy Recovery: an opportunity to address smoking, diet and physical activity as part of alcohol and other substance abuse treatment**

On average, people with a history of substance abuse problems live between 20 to 30 years less than people from the general population. This is largely the result of smoking and other poor lifestyle behaviours that contribute to high rates of cardiovascular disease and cancer. For example, people accessing Australian substance abuse services are 13-times more likely to be smokers than people from the general population. They are also more likely to have poor dietary habits and engage in low levels of physical activity. These findings highlight the pressing need to target these lifestyle behaviours in order to improve the physical health of people with substance abuse problems. There is an opportunity for mental health and drug and alcohol workers to help address these unhelpful behaviours through delivering healthy lifestyle interventions to those individuals at risk.

The workshop will provide an overview of the Cancer Institute NSW funded research that the authors have been conducting. This research is focused on reducing smoking, improving diet and increasing physical activity amongst people accessing drug and alcohol treatment services. The workshop will involve providing a detailed overview of Healthy Recovery, an 8-session healthy lifestyle intervention that was developed specifically for people accessing substance abuse treatment.

People attending this interactive workshop will develop skills in delivering smoking and other healthy lifestyle interventions with people who have alcohol or other substance abuse problems. The workshop will involve a combination of presentation styles that will include PowerPoint presentation, video demonstration of Healthy Recovery and experiential exercises. Participants will be supported to use Healthy Recovery to support their own clinical practices.