

# Dietary and Lifestyle Practices of People Who Use Drugs

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## **PROPOSITIONS**

belonging to the dissertation

### **Dietary and Lifestyle Practices of People Who Use Drugs Undergoing Treatment for Recovery in Lebanon**

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21 December 2022

1. Substance use disorder (SUD) is a major international public health problem with a detrimental impact on health. Specifically, in Lebanon, SUD is a growing public health concern with deleterious health, social, and economic consequences.
2. Effective treatments for SUD are essential to reduce the impact of substance use on both the individual and society.
3. Improvements in the anthropometric and metabolic parameters among PWUD is observed upon initiation of treatment; yet, an increase in weight is noted, which might pose negative health implications and heighten the risk of relapse.
4. PWUD undergoing treatment for recovery in Lebanon have a good nutritional status, but experience suboptimal dietary intake, weight gain, and increased adiposity. They also have poor lifestyle practices specifically a poor quality of sleep and low physical activity levels.
5. The weight gain observed in PWUD undergoing treatment in Lebanon is higher in the rehabilitation treatment as compared with the opioid substitution treatment. Weight gain is mainly noted among people in the underweight, normal, and overweight Body Mass Index (BMI) categories.
6. The weight gain among PWUD undergoing treatment for recovery was associated with the number of previous treatment attempts, duration of current treatment, and pre-treatment BMI.
7. Developing health promotion programs, including a nutrition component, with the aim of improving the treatment process, diminishing health risk factors, and preventing relapse is of great importance.
8. *“Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.” Carl Bard*