

SA Health

We can help you to feel better

Your metabolic health action plan



It is important for consumers of mental health services to prevent physical health issues that can negatively affect their mental health.

Metabolic Syndrome is a group of disorders that can include:

- **obesity**
- **increased waist measurement**
- **diabetes**
- **high blood pressure**
- **high cholesterol.**

Mental illness affects physical health

People with serious mental illness have higher levels of physical health problems than the general population. This can be due to a number of reasons including lifestyle, diet, medication and even the illness itself.



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Take action for a healthy mind and body

To help improve your physical health, on your first visit to our mental health service we will:

- provide a personal action plan which will include your initial physical health assessment
- make an appointment for a follow-up six month assessment
- commit to liaising regularly with your regular doctor (GP)
- provide an education and information package

Your first health assessment

Your first health assessment can be completed by either your regular treating GP or one of our nursing staff.

This will include an assessment of your height, weight, blood pressure and waist measurement. A blood test is also needed, which may be arranged with your regular GP. The blood test will look at your blood glucose and cholesterol levels.

These physical health checks and blood tests will be repeated every six months in your follow-up assessments.

Management of symptoms

If after the initial screening and assessment any irregularities are detected, the nurse will work in collaboration with you and your GP to develop a lifestyle improvement plan and manage any symptoms you may have.

The mental health services encourage you to have a regular GP and wherever possible will work together in a shared care partnership to make sure that you receive the best care for your mind and body.

Healthy lifestyle activities

There are many opportunities to participate in healthy lifestyle activities to help prevent and correct physical health issues.

Please ask our mental health service staff for more information.



Let's work together towards
a **healthy mind and body.**

For more information

SA Health
Mental Health Directorate
Office of the Chief Psychiatrist
www.sahealth.sa.gov.au

Public-I1-A1



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