Metabolic Health Action Plan

Consumer Information Sheet – what it means for you

It has been recognised that consumers of mental health services often have issues with their physical health that are not always adequately addressed.

Metabolic Syndrome is a group of disorders that can include obesity, increased waist measurement, diabetes, high blood pressure and high cholesterol. There has been a lot of publicity in the media informing us that the general population in Australia is at greater risk than ever before of type 2 diabetes, cardiac disease and obesity. In fact, The World Health Organisation has declared that type 2 diabetes is now in epidemic proportions.

People with serious mental illness are known to 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.

Within the Mental Health Directorate we are taking this seriously and have put together an action plan that includes providing you with an initial assessment of your physical health when you first attend the mental health service and then follow up assessments on a six monthly basis. We will also be in regular communication with your general practitioner (GP), offer education and information packages and support you to improve your physical health.

The first health assessment will be done by either your treating doctor or one of the nursing staff. This will include having your height, weight, blood pressure, waist measurement and a blood test which may be arranged with your GP to look at your blood glucose and cholesterol levels. The physical health checks and blood tests will be repeated every 6 months.

If after the initial screening and assessment any irregularities are detected then the treating team will work in collaboration with you and your GP to develop a plan to help improve your lifestyle and manage any symptoms you may have.

Within the mental health service and the divisions of general practice there are many opportunities to participate in healthy lifestyle activities. Information about these activities is available from any of the mental health service staff.

Together we are working towards a healthy mind and body.