



Adult Positive Cardiometabolic Resource: Evidence Guide

This Evidence Guide is intended to be read in conjunction with the Adult Positive Cardiometabolic Health Resource (2023 version). The Evidence Guide summarises key information sources, including public health advice and academic literature, on which the recommendations in the Resource are based.

People living with a serious mental illness have a 15-year mortality gap and poorer physical health outcomes when compared to the general population. While there are multiple reasons for this (see [here](#) for a summary), comorbid cardiometabolic and cardiovascular diseases are the main contributors. There is well-established evidence that some pharmacological treatments for mental health conditions can contribute significantly to poorer physical health and in particular adverse cardiometabolic health outcomes.

The **Adult Positive Cardiometabolic Health Resource (2023)** guides health professionals in their clinical practice. The resource promotes person-centred care, fostering shared decision-making between consumers and clinicians by providing a framework for structured, individualised conversations. The Resource supports [Priority 5 of the Fifth National Mental Health and Suicide Prevention Plan](#) and the [Equally Well Consensus Statement](#) and [Roadmap](#) for improving the physical health outcomes of people living with mental illness and reducing early mortality.

The Adult Positive Cardiometabolic Health Resource was first developed in 2010. Mindgardens Neuroscience Network has reviewed the Resource and published the updated Adult Positive Cardiometabolic Health Resource (2023). The Evidence Guide relates to the 2023 version. An equivalent Adolescent Positive Cardiometabolic Health Resource has also been reviewed and updated. Many of the sources in this Evidence Guide also apply to the adolescent resource.



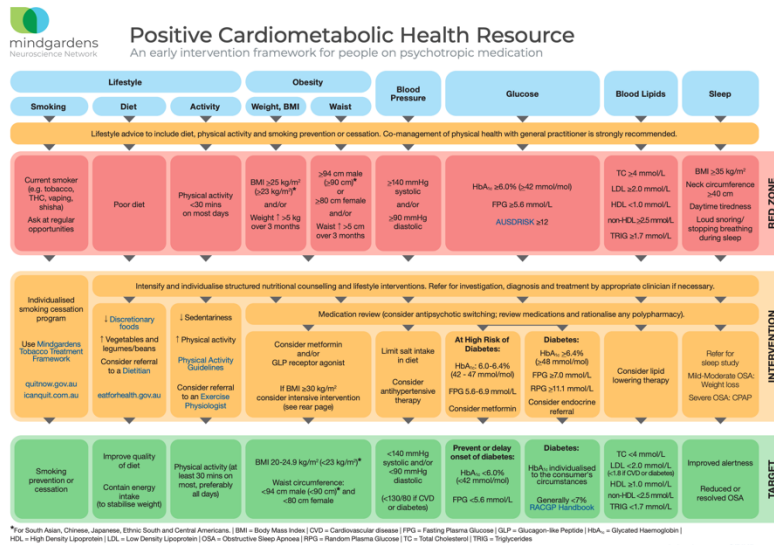
Scan the QR code to view the full suite of Keeping the Body in Mind(gardens) resources on the Mindgardens Neuroscience Network website, including the Adult Positive Cardiometabolic Health Resource.

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Evidence for the interventions in the Resource

The Resource recommends established health interventions, supported by multiple expert organisations and authors. Links to key evidence for these interventions, including clinical guidelines and consensus statements, are listed here by the categories used in the Resource.



Smoking

- [Smoking, nutrition, alcohol, physical activity \(SNAP\) Guidelines](#) include individualised smoking cessation approaches
 - Royal Australian College of General Practitioners, 2015
- [Quitnow.gov.au](#) is the Australian government resource for advice on quitting smoking
 - Australian Government, Department of Health and Aged Care, 2019b
- [icanquit.com.au](#) is the NSW Government advice and program for quitting smoking with quit plans Quitline etc
 - NSW Health 2023

Diet

- [Eatforhealth.gov.au](#) is the official Australian guidance on diet
 - National Health and Medical Research Council, 2021

Activity

- [Physical activity and exercise guidelines for all Australians: For Adults \(18-64 years\)](#) is the official Australian guidance on this topic
 - Australian Government, Department of Health and Aged Care, 2019

Obesity

- [Metformin in the management of antipsychotic-induced weight gain in adults with psychosis: development of the first evidence-based guideline using GRADE methodology](#)
 - Fitzgerald I, O'Connell J, Keating D, et al., BMJ Mental Health, 2022
- [Glucagon-like peptide-1 receptor-agonists treatment for cardio-metabolic parameters in schizophrenia patients: a systematic review and meta-analysis](#)
 - Khaity A et al, Frontiers in Psychiatry, 2023

Blood Pressure

- [Guidelines for the Diagnosis and Management of Hypertension in Adults](#)
 - National Heart Foundation of Australia, 2016

Glucose

- [Management of type 2 diabetes: A handbook for general practice](#)
 - Royal Australian College of General Practitioners, 2020

Blood Lipids

- The [RACGP Red Book](#) includes advice for treating high-risk populations
 - Royal Australian College of General Practitioners, 2021
- [Practical Guide to Pharmacological Lipid Management](#)
 - The Heart Foundation, 2023

Sleep

- [STOP-Bang Questionnaire](#) includes advice on referring for sleep study
 - Chung et al., Chest, 2016
- [Obstructive Sleep Apnoea \(OSA\) and Obesity](#) includes criteria for weight loss vs continual positive airway pressure (CPAP)
 - Hamilton G and Joosten, S, RACGP Australian Family Physician, 2017

Other topics

The reverse page of the Adult Positive Cardiometabolic Health Resource includes additional advice, drawn from the following expert sources:

- [Guideline on Physical Health Care for People Living with Mental Health Issues](#)
 - NSW Health, 2021
- [Smoking, nutrition, alcohol, physical activity \(SNAP\) Guidelines](#) – Intensive Interventions for BMI > 30
 - Royal Australian College of General Practitioners, 2015
- [Vitamin D supplementation in musculoskeletal health: what's new?](#)
 - NPS MedicineWise, 2019

Other useful resources

- [National Health Survey: first results, 2017–18](#)
 - Australian Bureau of Statistics
- [Physical health of people with mental illness 2023](#)
 - Australian Institute of Health and Welfare
- [National Drug Strategy Household Survey 2019](#)
 - Australian Institute of Health and Welfare
- [Improving the physical health of people living with mental illness](#)
 - Equally Well
- [Health Active Lives \(HeAL\) Declaration](#)
 - International Physical Health in Youth Stream (iphYs)
- [Keeping the Body in Mind\(gardens\) resources](#)
 - Mindgardens Neuroscience Network
- [Lester UK adaption of the Positive Cardiometabolic Health Resource](#)
 - NHS England and National Clinical Audit of Psychosis Team
- [Keeping body and mind together: improving the physical health and life expectancy of people with serious mental illness](#)
 - The Royal Australian & New Zealand College of Psychiatrists

Additional references

As well as the health guidelines listed above, the Resource has drawn extensively from peer-reviewed academic literature, including the following publications.

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Australian Institute of Health and Welfare (AIHW) 2023, *Physical health of people with mental illness*, <https://www.aihw.gov.au/reports/mental-health/physical-health-of-people-with-mental-illness>

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