



# Adolescent Positive Cardiometabolic Resource: Evidence Guide

This Evidence Guide is intended to be read in conjunction with the Adolescent 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. Prevention and early intervention for cardiometabolic health in adolescents who are receiving these treatments are vital for both short and longer-term outcomes.

**The 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 Adolescent Positive Cardiometabolic Health Resource was first developed in 2014 which was adapted from the original 2010 Adult version. Mindgardens Neuroscience Network has reviewed the Resource and published the updated Adolescent Positive Cardiometabolic Health Resource 2023. The Evidence Guide relates to the 2023 version. An equivalent Adult Positive Cardiometabolic Health Resource has also been reviewed and updated. Many of the sources in this Evidence Guide also apply to the adult resource.



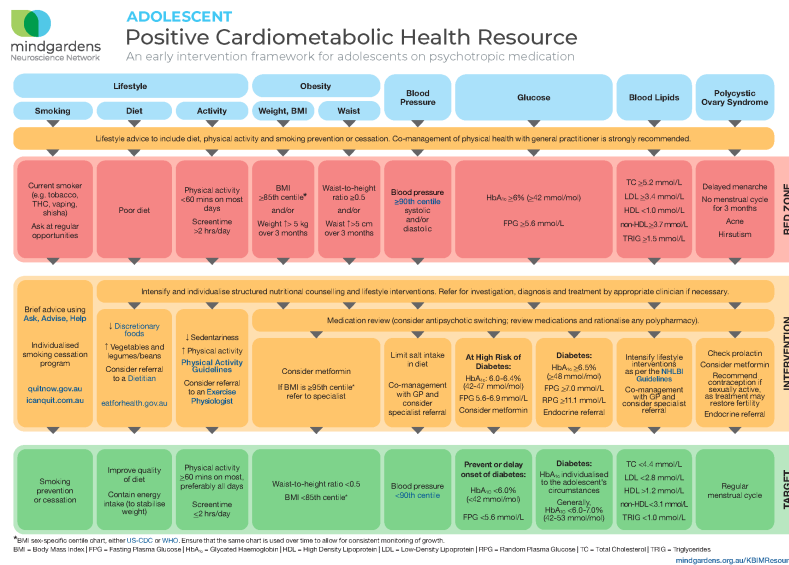
Scan the QR code to view the full suite of Keeping the Body in Mind(gardens) resources on the Mindgardens Neuroscience Network website, including the Adolescent Positive Cardiometabolic Health Resource.

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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 health category.



## Smoking

- [RACGP - Smoking cessation for high-prevalence groups](#)
  - Royal Australian College of General Practitioners, 2021
- [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, 2019

## Physical Activity

- [Physical activity and exercise guidelines for all Australians: For children and young people \(5-17 years\)](#) is the official Australian guidance on this topic.
  - Australian Government, Department of Health and Aged Care, 2019

## Obesity

- [Clinical practice guidelines for the management of overweight and obesity in adults, adolescents and children](#) (see Part C)
  - National Health and Medical Research Council, 2013
- [The role of metformin in treatment of weight gain associated with atypical antipsychotic treatment in children and adolescents: A systematic review and meta-analysis of randomized controlled trials](#)
  - Mansuri et al., Frontiers in Psychiatry, 2022

## Blood Pressure

- [Clinical Practice Guideline: Hypertension in children and adolescents](#)
  - The Royal Children's Hospital, Melbourne, 2021

## Blood Glucose

- [Management of type 2 diabetes: A handbook for general practice](#) (see Early-onset type 2 diabetes pp.30-34)
  - Royal Australian College of General Practitioners, 2020

## Blood Lipids

- [Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents: Summary Report](#)
  - Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents, Pediatrics, 2011

## Polycystic Ovary Syndrome

- [International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome 2023](#)
  - Teede et al., Monash University, 2023.

## Other topics

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

- [Guidelines on Physical Health Care for People Living with Mental Health Issues](#)
  - NSW Health, 2021
- [Clinical Practice Guideline: Vitamin D deficiency in children and adolescents](#)
  - The Royal Children's Hospital, Melbourne, 2021

## 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
- [Australian Clinical Guidelines for Early Psychosis](#)
  - Orygen
- [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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## Expert Working Group

The Positive Cardiometabolic Health Resource was developed under the guidance of an Expert Working Group of consumers, carers, clinicians and researchers. Thanks to all members for their contributions.

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