



# Physical Health is Everyone's Business


Making it Standard Practice





**headspace**

National Youth Mental Health Foundation



**The headspace Youth Early Psychosis Program (hYEPP)**

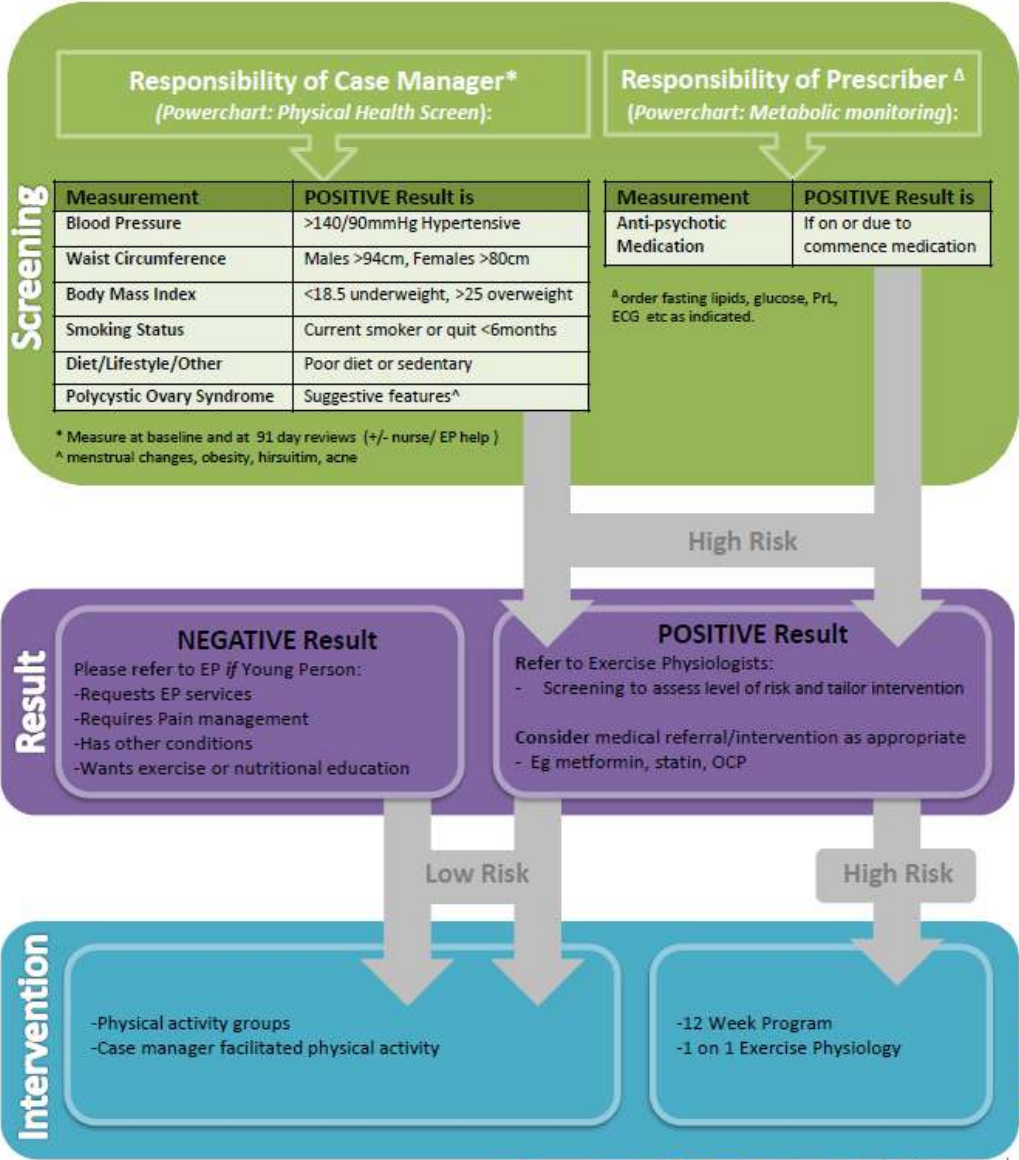


**Our Story So Far:**

# Our Story So Far:



# hYEPP Metabolic Screening



# Our Story So Far:



# The Challenges



## Culture Change

- At multiple levels
- Stigma reduction through role modelling

## Training

- Young People and their network
- Staff

## Infrastructure

- Equipment
- Resources
- Staffing

# Making it **EVERYONE'S** Business?



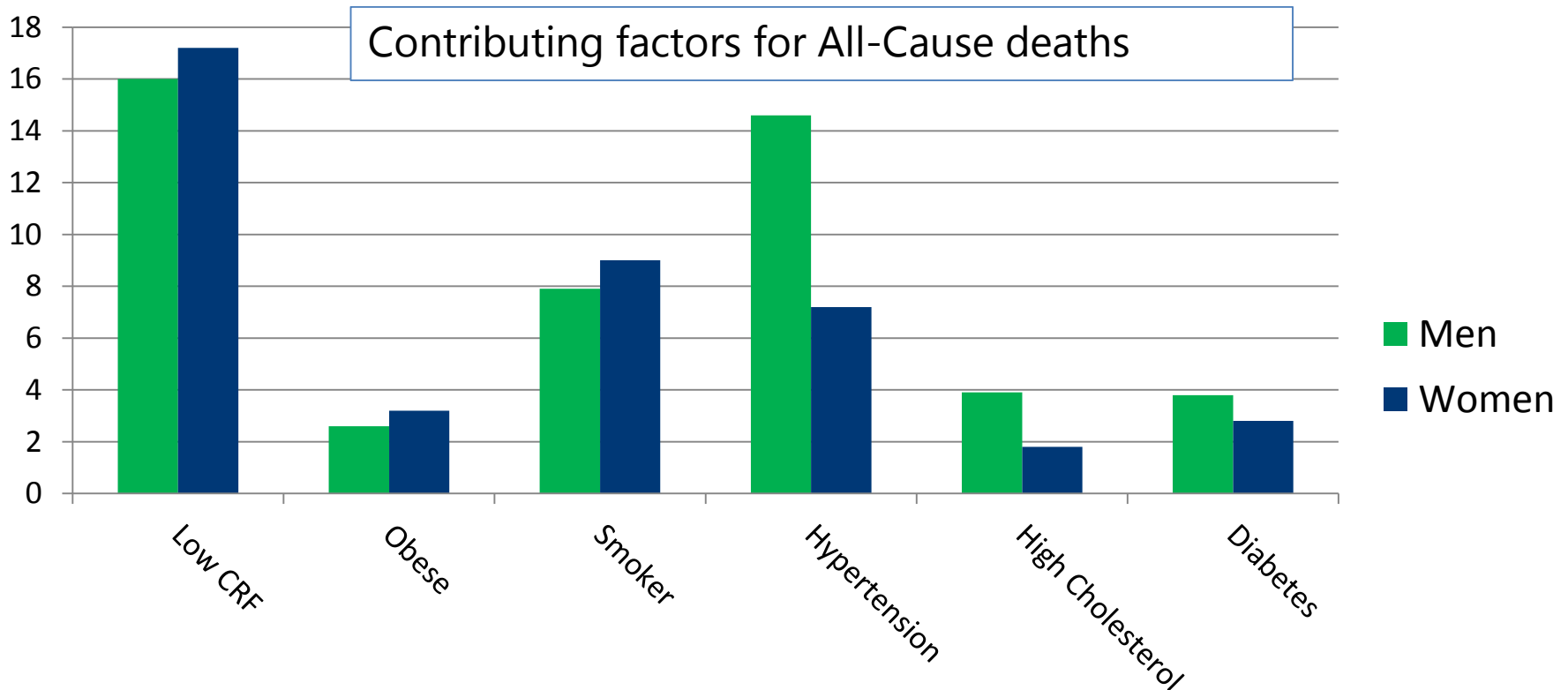
What else can we do?





# Inactivity: Effect of low cardio respiratory fitness (CRF) on mortality

**“Its not all about weight loss, physical activity is beneficial to a person’s health whether or not they lose weight”**



# References



- Rosenbaum, S. et al The Role of Sport, Exercise and Physical Activity in Closing the Life Expectancy Gap for People with Mental Illness: An International Consensus Statement by Exercise and Sports Science Australia, American College of Sports Medicine, British Association of Sport and Exercise Science, and Sport and Exercise Science New Zealand. Translational Journal of the ACSM, 2018. 3 (10) p 72-73.
- Exercise is Medicine Australia presentation for GP's.

Thank you! To the Exercise Physiology Team at Headspace YEPP, The Recovery Team, Headspace YEPP, Alfred Health.

Thank you to Russell and Lee and all at Equally Well for driving this symposium, and for creating this platform for us to advocate for Physical Health in Mental Health.

