Addressing the Physical Health of People With Mental Illness - Joint position statement

Mental health and physical health are fundamentally connected. Some people with mental illness will also experience poor physical health, and poor physical health can in turn be connected with poor mental health.

Given the well-known relationship between physical and mental health, an increased focus on holistic multidisciplinary treatment can enhance the quality of life, and improve the physical and mental health outcomes for people living with a mental health disorder.

We worked with Exercise & Sports Science Australia and the Australian Psychological Society to develop a Joint Position Statement Addressing the Physical Health of People With Mental Illness.

The purpose of the joint position statement is to endorse dietary and exercise interventions to support physical, social and mental health benefits for people living with a mental illness.

For more, download our full joint position statement.

Get in touch

If you have questions about this position statement, contact us at policy@dietitiansaustralia.org.au