



THE ACCT HEALTHY HEARTS STUDY

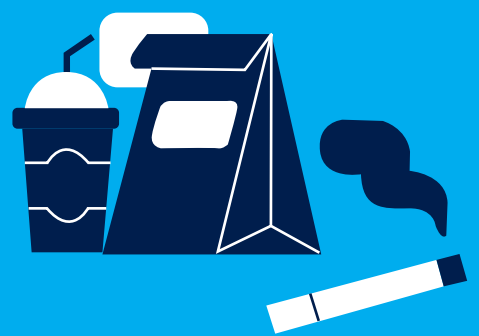
A national NHMRC funded trial to improve heart health
in people with complex mental health conditions

CVD LEADS TO 15-25 YEAR PREMATURE MORTALITY FOR PEOPLE WITH COMPLEX MENTAL HEALTH



People with complex mental health are 3x more likely to have CVD than the general public leading to a recognised 15-25 year reduction in lifespan. Over the past 30 years this gap has increased

CVD RISK FACTORS ARE HIGHER FOR PEOPLE WITH COMPLEX MENTAL HEALTH NEEDS



At all ages, people with complex mental health needs show increased risk of CVD. Lifestyle, diet, exercise, and antipsychotic medication all interact leading to worse health outcomes than seen in those who do not have complex mental health needs.

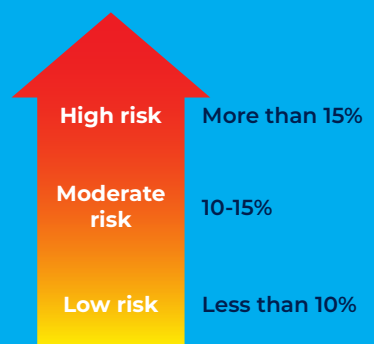
PRIMARY CARE CAN HAVE GREATER IMPACT

Improved CVD screening and treatment of cardiovascular risk factors in people with complex mental health needs will lead to improved health outcomes. There is an urgent need to improve the physical health of people with complex mental health.



ACCT AIMS TO IMPROVE CVD OUTCOMES FOR PEOPLE WITH COMPLEX MENTAL HEALTH

A trained research nurse will work with eligible patients in your practice to improve heart health through risk identification, goal setting and ongoing support over 12 months to improve absolute cardiovascular disease risk and associated CVD risk factors.



For more information:
Call: 1800 431 212
Email: healthy-hearts@unimelb.edu.au

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