

Working together on health

ggz
CENTraal

RESEARCH
Physical activity and lifestyle

the patient

people with severe mental illness in long-term mental healthcare

poor health status

- physical health status is alarming
- up to 20 years shorter life expectancy
- lack of physical activity
- cardiovascular disease
- diabetes

physical health

mental health

psychosocial functioning

- 65 inpatients
- 61 schizophrenia or related
- 4 non-psychotic

- 54 years old on average
- 5 illness severity (scale 1-7)

the team

psychiatrist
team leader
activity coordinators
mental health nurses
dietitians

overall activation

basis = daily structure

getting up on time

joint meals

active day program

tailored

MULTI

- more physical activity
- work-related activities
- psychoeducation
- attention to dietary habits
- skills training
- participation of the team

physical

- improved health
- increased physical activity
- less use of medication

mental

- more satisfied with physical health
- feeling better
- better prospects

functioning

- more energy
- social support
- contact

treatment as usual: no improvements

increase in quality of life

sustainable behavioural change

MT
strategy and vision statement

activity coordinators

mental health-care team

project coordinator

allied health professionals

manager

CONTACT

Jeroen Deenik
j.deenik@ggzcentraal.nl

