



# Being Equally Well

*Better physical health care and longer lives for people living with serious mental illness*

People with serious mental illness have higher rates of physical illness, particularly chronic diseases, and a far shorter life expectancy than the general population

**6 x**  
more likely to die from **cardiovascular disease**

**4 x**  
more likely to die from **respiratory disease**

**2-4 x**  
more likely to die from **infectious diseases**

**5 x**  
more likely to **smoke**

**3-4 x**  
more likely to die **prematurely**

Likely to die **14-23 years earlier** than the general population

Account for approximately **1/3** of all **avoidable deaths**

*"I feel I have had to choose between improving my physical health over my mental health, an impossible choice. Not really a choice at all."*



**The *Being Equally Well Roadmap* comprises implementable, evidence-based changes that are feasible, affordable, and practical. It has been designed by mental and physical health practitioners working collaboratively with consumers and carers.**

## Supporting better health care through:

- general practice register and recall systems through modified PIP QI and other Medicare payments
- care coordination by nurse navigators in primary care
- intercollegiate guidelines and shared cared protocol with a specific GP Medicare item
- pharmacists' involvement in shared care
- nutrition, physical activity and smoking cessation access
- peer worker role research and development

## Building a national support system with:

- annual report to Health Ministers Council
- national office for quality in healthcare outcomes
- national clinical quality registry
- national quality improvement Collaboratives network
- national information sharing
- research into better care, workforce roles and evaluation

