

## SNAPSHOT

### Community managed organisations

In Australia, community managed organisations (CMOs) play an important role in the care of people with mental health conditions. CMOs are predominantly not-for-profit or non-government organisations providing support services that help keep people well in the community.

People with mental health conditions have substantially reduced life expectancy compared to the general population. This is mostly because of chronic diseases which can be prevented by reducing key modifiable risk behaviours, such as smoking, poor nutrition, harmful alcohol consumption, physical inactivity and poor sleep. These risk behaviours are high among people with a mental health condition.

There are more than 800 CMOs in Australia providing a diverse range of mental health rehabilitation and support services. However, little is known about how, or to what extent, chronic disease risk behaviours are incorporated in CMO physical health support programs.

## Tackling chronic disease risk factors in people with mental health conditions

The Australian Prevention Partnership Centre, in collaboration with researchers at the University of Newcastle, is exploring how community managed organisations (CMOs) can help improve the chronic disease burden among people with mental health conditions.

In 2018, the project team conducted an online statewide survey to understand what preventive care CMOs currently provide and identify factors that may support the delivery of such care.

The survey results reflect the experiences of 85 leaders in NSW CMOs between November 2018 and February 2019.

### Key findings: NSW CMO Leaders online survey

#### Community managed organisations in NSW are a diverse and far-reaching sector



#### Most CMOs in NSW already provide care around chronic disease risk behaviours

> 80% address at least one chronic disease risk behaviour

> 50% support at least some consumers to address all risk behaviours

1 in 3 routinely ask most consumers about alcohol consumption

1 in 3 routinely ask most consumers about physical activity

About 1 in 4 support most consumers to improve their physical activity

Less than 1 in 10 support most consumers to reduce or quit smoking

#### Factors that may help deliver care to address chronic disease risk behaviours



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## How can you help?

In 2020, the research team will conduct further surveys and interviews with CMO leaders, staff and consumers. The data collected from this research will be used to co-develop and pilot an acceptable and feasible model of care for CMO programs.

Ultimately, we hope the evidence will help improve the inequitable burden of chronic disease for this vulnerable population in Australia.

## Want to participate in future surveys?

If you are interested, we would love to hear from you. Please contact:

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To find out more about this Prevention Centre project visit our website at [preventioncentre.org.au](http://preventioncentre.org.au)

## Our funding partners



Hosted by



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