

10×10

Wellness

C A M P A I G N

SAMHSA



**INFORMATION FOR GENERAL  
HEALTH CARE PROVIDERS**



**WHAT IS  
Wellness?**

The 10x10 Campaign aims to improve the life expectancy of people with mental illnesses by 10 years in 10 years.



**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

## Information for General Health Care Providers

### DID YOU KNOW...

People with mental illnesses die decades earlier than the general population.

—National Association of State Mental Health Program Directors

### WHAT WE KNOW ABOUT PEOPLE WITH SERIOUS MENTAL ILLNESSES\*:

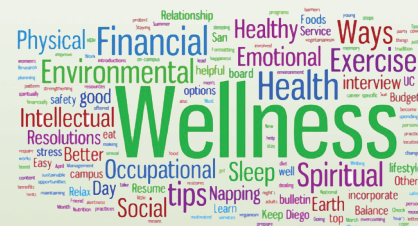
- The co-occurrence of chronic medical disorders and complex health needs is an expectation, not the exception.
- 87% of years of life lost to premature death are due to medical illness.
- Premature mortality is predominantly due to chronic diseases - especially infectious, pulmonary and cardiovascular - and diabetes.
- Medications, especially the atypical antipsychotic drugs, can cause weight gain, dyslipidemia and glucose metabolism.
- Mental health consumers have a higher prevalence of metabolic syndrome, liver diseases, hypertension and dental disorders.
- Mental health consumers have high rates of smoking, poor weight management/nutrition and physical inactivity.
- Mental health consumers have the lowest rate of utilization of preventive medicine and self care.

\*Source: Measurement of Health Status for People with Serious Mental Illness, NASMHPD (2008).

The Federal Government has spearheaded the **10x10 Wellness Campaign** to promote the importance of addressing all parts of a person's life in hopes of increasing life expectancy for persons with mental health problems by 10 years over the next 10 years. More than 200 persons and organizations have signed the **Pledge for Wellness**.

To find out more and to sign the pledge, visit **[www.10x10.samhsa.gov](http://www.10x10.samhsa.gov)**.

### THE EIGHT DIMENSIONS OF WELLNESS\*



**You can make a difference—ask about all eight dimensions of a person's wellness.**

When treating a person with a mental health disorder, it's important to inquire about many health factors, including one's emotional, financial, environmental, occupational, social, intellectual, physical, and spiritual well-being. All of these factors directly affect one's physical health. Additionally, because of the side effects of psychiatric medications, people with mental illnesses are at a much higher risk for many physical ailments.

\*Source: Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29,(4) 311- 314.



## You play an important role as a health care provider.

The **Institute of Medicine\*** states that health care should be consumer-centered, based on shared knowledge and have the free flow of information—especially important for persons with mental health problems who have multiple healthcare providers.

**With permission, make connections with a patient's mental health provider and share pertinent health information.**

### TIPS FOR HEALTHCARE PROVIDERS:

- Talk to your patients about the importance of following up on blood work and other medical tests—especially when a person is taking psychiatric medications.
- With a patient's permission, connect with his or her mental health professional about medications and treatment plans.
- When treating a person taking psychiatric medications, be aware of glucose levels, weight loss or gain, blood pressure, sleep patterns, and metabolic levels.
- Refer consumers to needed resources, such as smoking cessation tools, if applicable.
- Talk with patients about ways to improve health—a nutritional diet, daily exercise, making social connections, and avoiding nicotine, alcohol, and other substances.
- Remember—all eight dimensions of wellness affect one's overall well-being!

\*Source: Improving the Quality of Health Care for Mental Health and Substance Use Conditions: Quality Chasm Series, IOM, 2005.

# FOR MORE Information

- Substance Abuse and Mental Health Services Administration (SAMHSA)  
[www.samhsa.gov](http://www.samhsa.gov)
- FDA Office of Women's Health  
[www.fda.gov/womens](http://www.fda.gov/womens)
- US Department of Health and Human Services  
[www.hhs.gov](http://www.hhs.gov)
- National Association of State Mental Health Program Directors (NASMHPD)  
[www.nasmhpd.org](http://www.nasmhpd.org)
- Institute of Medicine  
[www.iom.edu](http://www.iom.edu)
- Center for Psychiatric Rehabilitation  
[www.bu.edu/cpr](http://www.bu.edu/cpr)
- President's New Freedom Commission on Mental Health  
[www.mentalhealthcommission.gov](http://www.mentalhealthcommission.gov)
- The National Wellness Institute  
[www.nationalwellness.org](http://www.nationalwellness.org)

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Achieving wellness involves  
**ACTION** and **COMMITMENT**.

Don't wait to get well. Be part  
of the achievement of the 10x10  
Wellness Campaign's goal!



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