

# International Conference on **Obesity and Weight Loss**

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## Supporting Health and Promoting Exercise (SHAPE) Programme for Young People with Psychosis

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Physical health problems are common in young people with psychosis who experience poor health and a significant reduction in life expectancy, mainly due to premature cardiovascular disease (CVD), underpinned by metabolic disorders like diabetes, and tobacco smoking. Moreover, the mortality gap compared to non-psychotic peers is widening. NICE (2014) developed 8 quality standards for the care of adults with psychosis and schizophrenia which included 2 physical health standards requiring services to complete a comprehensive physical health assessment and offer combined healthy eating and exercise programmes as well as help to stop smoking. This presentation will describe one of the first UK 'real world' service evaluations of a bespoke EI physical health monitoring and intervention programme for young people with early psychosis called SHAPE. SHAPE offers a co-ordinated, multi-professional, 12 week wellbeing and exercise programme in a youth focused, socially inclusive setting. Anthropometric data are measured at baseline, 12 weeks and 12 months post-intervention. Mean baseline data revealed participants were at an increased health risk with elevated values in mean BMI (70% overweight/obese), waist circumference, resting heart rate, and triglycerides. Over 50% reported smoking daily and 52% of participants were prescribed highly obesogenic antipsychotic medications (Clozapine, Olanzapine). At 12 weeks and 12 months, no changes were observed in mean BMI, waist circumference or any other clinical variable ( $p > 0.05$ ). Positive impacts on lifestyle behaviours included 7 participants eating ~400g of fruit/vegetables daily, 2 ceased substance use, 2 ceased alcohol use, 4 ceased smoking and 5 were less sedentary. SHAPE supported participants to attenuate their physical health risk following a 12-week intervention which was sustained at 12 months follow up. Participants also made positive lifestyle behaviour changes contributing to weight maintenance and physical health.

### Biography:

Professor Jo Smith is a Professor in Early Intervention in Psychosis (EIP) at University of Worcester, Worcester, UK. Jo is a member of the International First Episode Physical Health Group (iphYs) promoting the physical health needs of young people with Psychosis in relation to their increased cardiovascular and diabetes risk. Jo is Project Lead of a physical health monitoring and intervention programme for young people with early psychosis called 'SHAPE' funded through a Health Foundation (UK) SHINE Award 2014. 'SHAPE' has been a finalist for several national awards including a National Institute for Clinical Excellence (NICE 2017) 'Shared Learning' Award.