



SAMHSA'S PROGRAM TO ACHIEVE WELLNESS

Incorporating Wellness Into Recovery

Managing Obesity in Youth and Young Adults

SAMHSA's Program to Achieve Wellness

Individuals who are obese and have a serious mental illness face high levels of stigma, prejudice and discrimination, leading to several barriers in medical care, employment, housing, and relationships.ⁱ

People with serious mental illness are more likely to be obese.ⁱⁱ

In 2015, just 51.6% of high school students aged 14-18 attended physical education classes at least one day a week. That year, 29.9% of high school students were overweight or obese.ⁱⁱⁱ

In The Transition to Adulthood (Ages 18-25)^{iv}

At age 18-20, 33.9% of females were overweight or obese. At 20-25, 39.1% of females were overweight or obese – a 5.2% increase.

At age 18-20, 38% of males were overweight or obese. At 20-25, 48.5% of males were overweight or obese – a 10.5% increase.

Take Action

(for medical, mental health and substance use disorder providers):

- Incorporate overall health and wellness as part of the treatment plan, collaborating with primary care providers as needed^v
- Deliver cognitive-behavioral and family-based treatments to address problematic weight-related attitudes and behaviors^{vi}
- Address the role of negative emotions found in people struggling with weight and obesity, such as depressive symptoms^{vii}
- Offer a comprehensive set of wellness services to patients that includes a combination of screening and risk assessment, nutritional education and weight management to support healthy habits^{viii}
- Promote and encourage patients to engage in healthy lifestyle activities (such as exercise and healthy eating) that are backed with peer support^{ix}
- Find innovative ways to engage caregivers and family members in a conversation about healthy lifestyle habits^x
- Support workforce training for providers to develop the skills and knowledge needed to work with youth and young adults and their families

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