

Equally Well

AOTEAROA, NEW ZEALAND - SOME KEY FACTS

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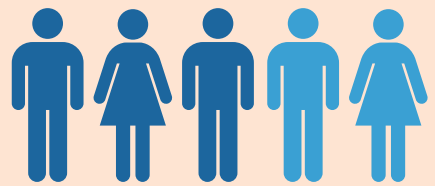
Life expectancy reduced by up to 25 years



Two-thirds of premature mortality for people experiencing mental health and addiction issues is due to **preventable and treatable** physical health conditions - particularly cancers and cardiovascular disease.

Co-existing issues are the norm

Around **3 in 5 adults** experiencing mental health issues report having one or more long-term physical health issues.



Cancer

The likelihood of cancer survival for people who experience mental health and addiction issues is reduced by **3 times** for colorectal cancer and **2.5 times** for breast cancer.

Medication

Some psychiatric and addiction treatment medications contribute to poorer health outcomes, for example cardiometabolic issues, particularly weight gain, and poor oral health.



Substance use

People with problematic alcohol use have almost **double the risk** of developing a wide range of cancers.

People with methamphetamine use disorders are more likely to experience heart disease, cerebrovascular complications, oral health diseases and increased transmission of blood borne viruses.

75% of people who receive opioid substitution treatment are likely to have Hepatitis C.



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Stroke

People who experience depression and anxiety are **2.3 times** more likely to have a stroke.



Co-existing issues

50% of people accessing mental health services have a substance use disorder.

70% of people accessing addiction services have a mental health need.

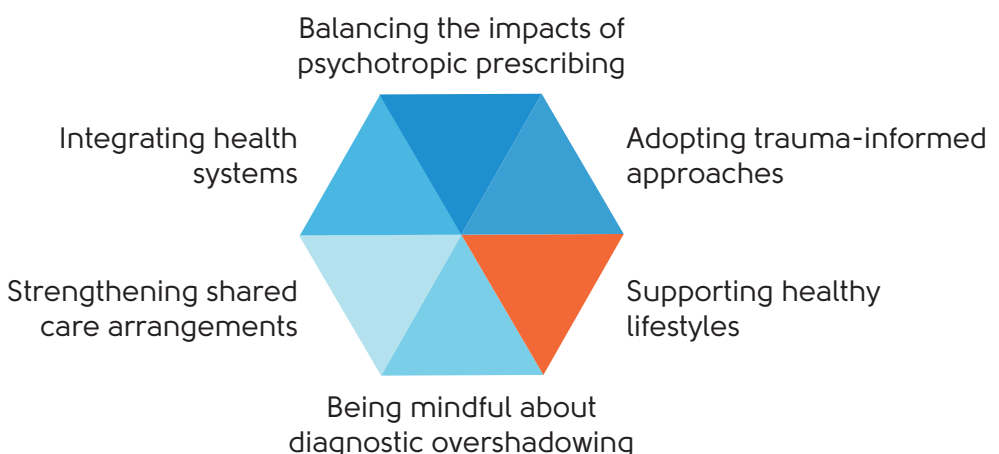
Tobacco smoking

People experiencing mental health issues are **2-3 times** more likely to smoke.

People experiencing substance use issues are **2-4 times** more likely to smoke.



Take action to improve the physical health of people experiencing mental health and addiction issues by:



Join the collaborative

 www.tepou.co.nz/equallywell

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- Lockett, H., Jury, A., Tuason, C., Lai, J. & Fergusson, D. (2018). *Comorbidities Between Mental and Physical Health Problems: An Analysis of the New Zealand Health Survey data*. New Zealand Journal of Psychology, 47(3), 5-11.
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We have chosen to use the term 'mental health and addiction issues' as strengths-based language preferred by people living with these issues. The facts here predominantly refer to people whose mental health and addiction issues have had a significant impact on them, such that they have accessed specialist mental health and addiction services.