



Ireland

ACLÚ: EMPOWERING RECOVERY IN ENDURING MENTAL ILLNESS

Physical activity, nutrition and digital technology to improve health outcomes for those with enduring mental illness



The Initiative

People living with enduring mental illness experience health inequality and physical and social health consequences. Life expectancy is considerably lower than the general population. MTUs Aclú initiative is developing and evaluating new treatment options to tackle this. Through Aclú, physical activity, nutrition and digital technology are part of a new paradigm of care aligned with a human rights approach. The initiative seeks to embed interventions for physical care into routine clinical practice and improve health outcomes for this population group.

Sedentary behaviour and reduced physical activity in mental illness arise from many variables, including the nature of the conditions, the medication associated with them, social isolation, poverty, stigma, and exclusion. Aclú meets UN calls for action on SDG 3 Good Health and Well-being, Target 3.4: Ensure a reduction of mortality from non-communicable diseases and promote mental health.

The initiative aligns with #HealthyLifestyle4All by:

- Increasing awareness of a healthy lifestyle among those caring for and those living with enduring mental illness.
- Building physical activity, sport, healthy diets, and supporting digital technologies into the care paradigm of those with enduring mental illness.
- Embracing a holistic partnership approach to food, health, well-being and sport.

Targeted Objectives

Aclú aims to:

- Reframe the paradigm of care for those with Enduring Mental Illness to include physical activity, nutrition, and digital to complement existing treatments.
- Deliver change in health outcomes for this population using a pioneering multi-disciplinary approach.
- Determine how best to use physical activity, nutrition and digital for this population group especially those in rural areas who may experience a digital divide and social isolation.
- Embrace a human rights and sustainable development approach and train providers (in health and physical activity) on this method.
- Demonstrate the return on investment of this approach to individuals, their families, communities, and the health system.

Stakeholders involved

MTU and the Health Service Executive form the Aclú Steering Committee, and an External Advisory Committee brings broader representation from other higher education institutions and health bodies.

Impact

- Better health outcomes for those living with enduring mental illness.
- Understanding of how the human rights approach to health works and applies to physical activity, nutrition and digital technology.
- Demonstrate the complementarity of the Aclú approach with traditional treatments.
- Deliver a return on investment to the health system.
- Increase and broaden the role of physical activity and nutrition professionals in health.

Dissemination

Website: www.aclu.ie

Case Study Provided By:



Munster Technological University (MTU)



#HealthyLifestyle4All

#BEACTIVE

Initiatives of the



This case study has been developed as part of the EOSE pledge for #HealthyLifestyle4All to showcase national examples of initiatives to promote healthy lifestyles. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.