

## NASMHPD OFFICE OF TECHNICAL ASSISTANCE

---

### Preparing the Adult Mental Health Workforce to Succeed in a Transformed System of Care

## Workforce Development

### Module XV

## Overview of Medical/Physical Risk Factors in Persons with Mental Illnesses

### References

- American Heart Association. (2009). *Body Composition Tests*. Retrieved 03/02/2009, from AHA web site:  
<http://www.americanheart.org/presenter.jhtml?identifier=4489>
- eMedTV. (2009). *How to Calculate BMI*. Retrieved 03/03/2009 from:  
<http://bmi.emedtv.com/bmi/how-to-calculate-bmi.html>
- Parks, J. & Radke, A. Q. (2008a/September). *Obesity reduction and prevention strategies for individuals with serious mental illness: Summary and recommendations*. National Association of State Mental Health Program Directors, Medical Directors Council. Alexandria, VA: NASMHPD.
- Parks, J. & Radke, A. Q. (2008b/July). *Measurement of health status for people with serious mental illnesses*. National Association of State Mental Health Program Directors, Medical Directors Council. Alexandria & the NASMHPD Research Institute, VA: NASMHPD.