

# Standard cardiometabolic targets

## Information for clinicians:

Cardiometabolic target area	Resource description	Author	Link
<b>Physical activity guidelines</b>	<p><b>The National Australian Physical Activity guidelines.</b> Includes activity targets and examples of suitable activities for children, youth, adults and the elderly. Screen time guidelines also covered.</p>	Australian Government: Department of Health	<a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines">www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines</a>
<b>Diet, lifestyle weight and waist</b>	<p><b>The Australian Dietary Guidelines</b> and associated resources provide information on the types and amounts of foods, food groups and dietary patterns that aim to:</p> <ul style="list-style-type: none"> <li>• Promote health and wellbeing</li> <li>• Reduce the risk of diet-related conditions</li> <li>• Reduce the risk of chronic disease</li> </ul> <p>Contains information for all age groups</p> <p>The Guidelines are for use by health professionals, policy makers, educators, food manufacturers, food retailers and researchers.</p> <p>Printable poster and brochure resources are also available from this website</p>	Australian Government: National Health and Medical Research Council (NHMRC)	<a href="https://www.nhmrc.gov.au/guidelines-publications/n55">https://www.nhmrc.gov.au/guidelines-publications/n55</a>
	<p><b>Australian Absolute Cardiovascular Disease Risk Calculator and Guidelines.</b> The guidelines make recommendations for assessing and managing absolute CVD risk in adults aged over 45 years (35 years for Aboriginal or Torres Strait Islander peoples) who are without known CVD. Please refer to lifestyle recommendations section for relevant targets.</p>	National Vascular Disease Prevention Alliance (NVDPA)	<a href="http://www.cvdcheck.org.au/index.php?option=com_content&amp;view=article&amp;id=47&amp;Itemid=27">http://www.cvdcheck.org.au/index.php?option=com_content&amp;view=article&amp;id=47&amp;Itemid=27</a>

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<b>Glucose regulation</b>	<b>American Diabetes Association Standards of Medical Care in Diabetes.</b> Updated annually.	American Diabetes Association	<a href="http://care.diabetesjournals.org/content/39/Supplement_1">http://care.diabetesjournals.org/content/39/Supplement_1</a>
	<p><b>Guideline for General Practice management of type 2 diabetes.</b> Although this information is accessible to non-experts, they are aimed at the practicing health professional. Covers diagnosis, prevention and management of chronic kidney disease, patient education, blood glucose control, primary prevention, management of foot complications,</p> <p>Covers all age groups</p>	RACGP and Diabetes Australia	<a href="http://www.racgp.org.au/your-practice/guidelines/diabetes/">http://www.racgp.org.au/your-practice/guidelines/diabetes/</a> or <a href="https://www.diabetesaustralia.com.au/best-practice-guidelines">https://www.diabetesaustralia.com.au/best-practice-guidelines</a>
<b>Blood pressure</b>	<p>This <b>hypertension management guideline</b> includes revised treatment targets for various patient populations and information on diagnosis, management and follow-up of people with hypertension. The guide has been endorsed by:</p> <ul style="list-style-type: none"> <li>• The Royal Australian College of General Practitioners</li> <li>• NPS</li> <li>• The Internal Medicine Society of Australia and New Zealand</li> <li>• Kidney Health Australia</li> <li>• The National Stroke Foundation.</li> </ul>	The Australian Heart Foundation	<a href="http://heartfoundation.org.au/for-professionals/clinical-information/hypertension">http://heartfoundation.org.au/for-professionals/clinical-information/hypertension</a>
<b>Fasting lipids</b>	<p><b>Australian Absolute Cardiovascular Disease Risk Calculator and Guidelines.</b> The guidelines make recommendations for assessing and managing absolute CVD risk in adults aged over 45 years (35 years for Aboriginal or Torres Strait Islander peoples) who are without known CVD. Please refer to the lipid recommendation section for targets.</p>	National Vascular Disease Prevention Alliance NVDPA	<a href="http://www.cvdcheck.org.au/index.php?option=com_content&amp;view=article&amp;id=47&amp;Itemid=27">http://www.cvdcheck.org.au/index.php?option=com_content&amp;view=article&amp;id=47&amp;Itemid=27</a>

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<p><b>Psychotropic prescription targets for people with ID</b></p>	<p><b>Prescribing psychotropic medication to people with an intellectual disability- final report and recommendations</b>          This report discusses guidelines on assessing and managing people with an ID and the use of pharmacological interventions. It further makes recommendations on implementing the guidelines.</p>	<p>The Royal Australian &amp; New Zealand College of Psychiatrists.</p>	<p><a href="https://providers.dhhs.vic.gov.au/sites/dhhsproviders/files/2017-08/Prescribing-psychotropic-medication-to-people-with-an-intellectual-disability.doc">https://providers.dhhs.vic.gov.au/sites/dhhsproviders/files/2017-08/Prescribing-psychotropic-medication-to-people-with-an-intellectual-disability.doc</a></p>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
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# Standard cardiometabolic targets

**Tuberous Sclerosis surveillance and management guidelines**

**Surveillance and management guidelines for TSC**

International consensus guidelines for the surveillance and management of TSC, including cardiometabolic management

Tuberous Sclerosis Australia

<https://tsa.org.au/guidelines-tsc/>