

Lifestyle and Health and Wellbeing – A collection of policies, guidelines, position statements, and articles

This comprehensive resource brings together policies, guidelines, strategic frameworks, position statements, and academic literature relevant to lifestyle, health, and wellbeing. It spans Australian and international sources, incorporating clinical guidelines, public health strategies, research articles, and professional consensus documents.

Societies / Research Centres

- Australasian Society of Lifestyle Medicine. (2025). *Homepage*. Retrieved from <https://lifestylemedicine.org.au/>
The Australasian Society of Lifestyle Medicine (ASLM) is a health promotion charity working towards improved prevention, management, and treatment of chronic, complex, and lifestyle-related conditions. 'Lifestyle-related' includes environmental, societal, behavioural and other factors.

Food & Mood Centre. (2025). *Homepage*. Retrieved from

<https://foodandmoodcentre.com.au/>

The Food & Mood Centre at Deakin University is a world-leading, multi-disciplinary research centre that aims to understand the complex ways in which what we eat influences our brain, mood, and mental health

Position Statements/ White Papers/Strategy

- Australian Government Department of Health. (2019). *National framework for alcohol, tobacco and other drug treatment 2019–2029*.
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- National Mental Health Commission. (2021). *Equally well consensus statement*. National Mental Health Commission.
<https://www.mentalhealthcommission.gov.au/publications/equally-well-consensus-statement>
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Guidelines

- Australian Government Department of Health and Aged Care. (2021, May 7). Physical activity and exercise guidelines for all Australians.
<https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>
- Australian Health Ministers' Advisory Council. (2017). *National strategic framework for chronic conditions*. Australian Government Department of Health.
<https://www.health.gov.au/resources/publications/national-strategic-framework-for-chronic-conditions>
- Food & Mood Centre. (2025). *Guidelines for clinical practice – Food & Mood Academy*. Retrieved from <https://foodandmoodcentre.com.au/academy/guidelines-clinical-practice/>
- Malhi, G. S., Bell, E., Bassett, D., Boyce, P., Bryant, R., Hazell, P., Hopwood, M., Lyndon, B., Mulder, R., Porter, R., Singh, A. B., & Murray, G. (2021). The 2020 Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for mood disorders. *Australian and New Zealand Journal of Psychiatry*, 55(1), 7–117.
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Frameworks and Policies

- ACT Government. (n.d.). *ACT Wellbeing Framework*. <https://www.act.gov.au/wellbeing>
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Canadian Society for Exercise Physiology. (2025). *Canadian 24-Hour Movement Guidelines: An integration of physical activity, sedentary behaviour, and sleep*. Retrieved from <https://csepguidelines.ca/>

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