

# Lifestyle risk factors

Lifestyle risk factors are ways in which people live that can be harmful to their health.



## What types of lifestyle risks factors are there?

People with disability are more likely to have poor physical and mental health and can be a direct effect or made worse by lifestyle risk factors. Lifestyle risk factors include: poor nutrition, lack of exercise, smoking, stress, loneliness and isolation.



## How can risk factors be reduced?

Lifestyle risk factors can be reduced by eating healthier food, increasing exercise and connection with others, maintaining a healthy weight, reducing stress, alcohol consumption and stopping smoking.



## What other services can assist?

Providers can support participants to access other services that can help them with lifestyle changes. For example: dietitians, counsellors, physiotherapists.



Dietitians



Counsellors



Physiotherapists



## Ongoing support

Providers should always support participants to make informed choices and encourage them to live a healthy life.



### Find out more

For full details on this practice alert and the obligations for NDIS support workers, and access to other training and resources, please visit [ndiscommission.gov.au/workerresources](https://www.ndis.com.au/workerresources)



NDIS Quality and Safeguards Commission