

Healthy Lifestyle

Conversation Cards

This resource compliments Healthy Lifestyle Brief Intervention Training, and the e-learning package: Every Contact Counts available on www.education.nhslocal.nhs.uk

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Conducting a Brief Intervention

A brief intervention given by a health professional or frontline worker is evidenced to really make a difference in helping clients to consider their lifestyles. (NICE, 2007).

A short conversation about healthy lifestyles should:

- Take from 3 minutes up to 15 minutes.
- Follow a simple structure
- Be supportive
- Be encouraging
- Provide information – including signposting to other services when appropriate.

These cards are designed to help with this approach.

Remember the 4 "A's"

Ask

Raise the issue neutrally and non-judgementally.

Assess

How is the client feeling about making a change?

Advise

What does the client already know about the issue and what do they want to know?

Arrange

Discuss what the client wants to do next and how you can support them.

FINALLY

Follow up – what happens next?

Healthy Eating – Why it's Important

- 1 in 3 deaths from cancer and 1 in 3 deaths from Coronary Heart Disease are attributable to poor diet. (*FSA, 2007*).
- Reducing salt intake to the recommended 6gms a day for adults would contribute to a 17% reduction in high blood pressure in the UK population. (*BHF, 2006*).
- In England only 26% of people claim to eat 5 a day – in Warwickshire the percentage is 28%.
- In Coventry only 1 in 5 children and 1 in 5 adults are regularly eating 5 portions of fruit and vegetables a day. (*Lifestyle Comparators, 2008*).

The Healthy Eating Message

- Base meals on starchy foods (bread, rice, potatoes).
- Eat plenty of fruit and vegetables – at least 5 a day.
- Eat more fish – include a portion of oily fish each week.
- Reduce your saturated fat and sugar – less biscuits, cakes crisps and sugary drinks.
- Try to eat less salt – check food labels.
- Keep active and try to be a healthy weight.
- Drink plenty of water.
- Try to eat breakfast.

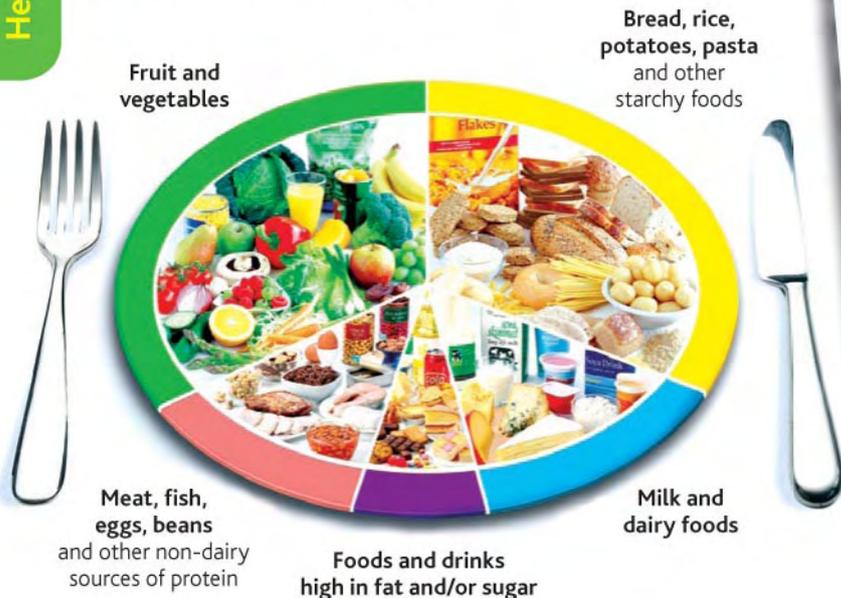
Raising the Issue

“Tell me a little about the foods you usually eat?”



The Eatwell Plate

Use the Eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



5 TOP TIPS...

...to eat more healthily

1. Compare your diet to the Eatwell plate – how does it compare?
2. Eat more fruit and vegetables. It doesn't have to be expensive, remember tinned, frozen and dried are good and it's also cheaper to eat foods in season.
3. Most of our salt intake comes from processed foods – try to reduce these and check food labels.
4. You can reduce fat in your diet in a number of ways – cut off visible fat from meat, spread fats more thinly, cut down on fatty and sugary snacks, choose lower fat options, use less fat when cooking.
5. Fish is a good food – oily fish such as sardines and mackerel are inexpensive too.



Healthy Weight – Why it's Important

- In England overweight and obesity is increasing in adults and children – this increases a person's risk of developing chronic illnesses such as heart disease, some cancers and type 2 diabetes. (*Change for Life, 2009*).
- Obesity (a BMI of over 30) can reduce life expectancy by up to nine years. (*DoH, 2007*).
- Over 28% of adults in Coventry are obese and 19% of Year 6 children are obese. (*Lifestyle data, 2008*).
- Over 25% of adults in Warwickshire are obese and 15% of Year 6 children are obese. (*Health Profiles, 2010*).

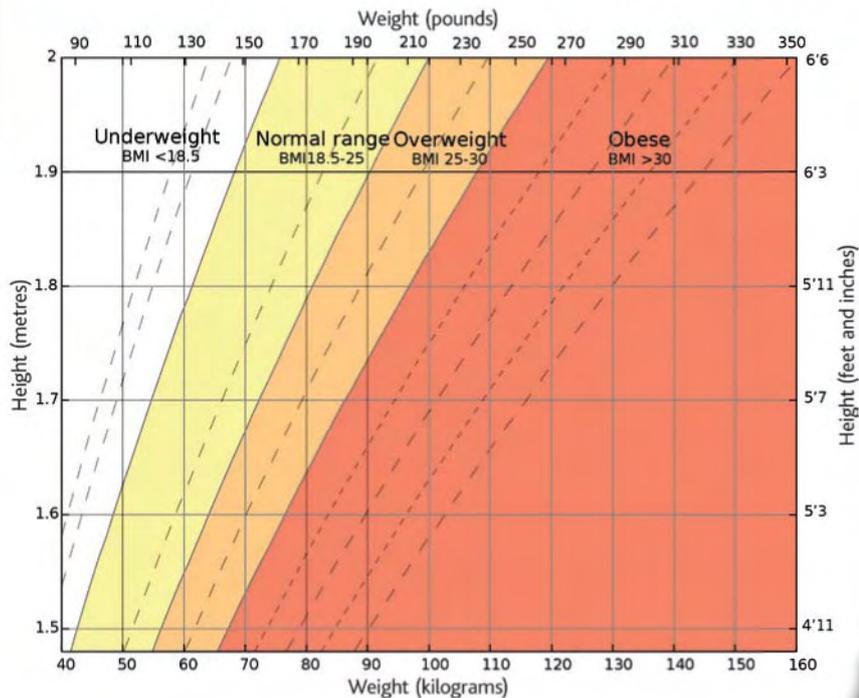
The Healthy Weight Message

- Checking your BMI is useful to help you assess your weight (see reverse of this card).
- A small amount of weight loss can greatly improve your health. A 5% to 10% loss will make a big difference.
- Losing weight takes time and should include, healthy eating, reducing portion sizes, and increasing activity levels.
- A gradual weight loss of ½ to 1kg a week is recommended.
- Don't mistake hunger for thirst – drink lots of water.
- Alcohol is high in calories.
- Plan ways to change your behaviour for good. Start with planning to have three regular meals a day.

Raising the Issue

“Would you mind if we discussed your weight for the next few minutes?”

Adult Body Mass Index Chart (BMI)



5 TOP TIPS... ...to lose weight

1. Plan your food shopping, make lists and have a budget.
2. Look for ways to be as active as you can – walk more and sit less!
3. Don't skip meals – you may be tempted to overeat later.
4. Reduce the fat in your diet – swap high fat snacks for fruit.
5. Reduce your portion sizes – use a smaller plate – stop eating if you know you are full.

**One Small
CHANGE**

Physical Activity – Why it's Important

- 70% of the population are not active enough to benefit their health – that is 6 in 10 men and 7 in 10 women. (*BHF, 2007*).
- Almost 40% of deaths from coronary heart disease are due to inactivity. (*BHF, 2007*).
- Increasing physical activity levels in the population will have a positive impact on the prevention of illness and quality of life.
- Increased physical activity has a positive impact on reducing stress, improving sleep and increasing social activity and self-esteem.
- In Coventry only 1 in 30 people are active enough to benefit their health. (*Lifestyle Comparators, 2008*).
- In Warwickshire only around 16% of adults achieve the minimum level of activity to improve health. (*Sport England Active People Survey, 2009*).

Raising the Issue

“Physical activity is really important.
How active are you day to day?”

The Physical Activity Message

- Adults should aim to be moderately active for a minimum of 30 minutes on 5 (or more) days of the week.
- For children the message is one hour of moderate activity each day.
- The 30 minutes can be broken down into 3 x 10 or 2 x 15 minute slots.
- 'Moderate' describes an activity that will slightly increase your heart rate and makes you feel warmer.
- Whilst being active you should be able to talk comfortably.
- Walking is a great way to be more active in day to day life.



Split it Up

You don't have to do all your exercise in one go – split it into smaller times to fit within your daily routine.



3 x 10 minutes

Walk to the local shops, use the stairs instead of a lift or get off the bus a stop earlier and walk the rest of the way.



2 x 15 minutes

Take a lunchtime walk, hand wash your car or do some gardening.



1 x 30 minutes

Play football, ride a bike or walk the dog.

NB. Certain people with health conditions should be advised to check with their GP before taking exercise.

5 TOP TIPS...

...for increasing your physical activity. It's easier than you think!

1. Try to reduce time spent just sitting.
2. Increase your everyday activity – hand wash your car, do more housework and gardening.
3. Choose the stairs not the lift and aim to climb them 10 times a day.
4. Take a couple of lunchtime walks in your week – you could use a step-o-meter to increase your daily steps?
5. Park in the space furthest away from the supermarket.



Stopping Smoking – Why it's Important

- Smoking is known to be the main single cause of avoidable premature death in the UK. (DoH, 2010).
- Smoking kills half of all long term users and is a major contributor to health inequalities.
- 21% of adults smoke in the UK, in Coventry and Warwickshire smoking rates range from 14%-38%.
- Around 50 children are admitted to hospital every day in England because of exposure to second-hand smoke. (DoH, 2007).



Raising the Issue

“How do you feel about stopping smoking?”

The Stop Smoking Message

- You are 4 x more likely to quit with an NHS Stop Smoking Service than going it alone.
- There is a range of products available on prescription to help people quit including Nicotine Replacement Products (such as patches, gum and others), Champix® or Zyban.
- Stopping smoking in pregnancy will protect the baby from harmful effects of smoking – stop smoking in pregnancy services are available. Stopping for good will protect children in the long term.
- It's never too late to think about stopping – it will be of benefit whatever your age.
- Stopping smoking is possible – there are over 11 million ex-smokers in the UK.

The Benefits of Quitting

TIME STOPPED	BENEFITS
20 minutes	Blood pressure and pulse return to normal. Circulation improves especially to hands and feet.
8 hours	Blood oxygen levels increase to normal and your chances of having a heart attack start to fall.
24 hours	Carbon monoxide leaves the body. Lungs start to clear out mucus and debris.
48 hours	Your body is now nicotine-free. Your sense of taste and smell begin to improve.
72 hours	Breathing is easier and your energy levels increase.
2-12 weeks	Circulation improves throughout the body. Walking and exercise get easier.
3-9 months	Breathing problems, coughing, shortness of breath and wheezing improve. Lung efficiency improved by 5-10%.
5 years	Risk of having a heart attack falls to about half of that of a smoker.
10 years	Risk of lung cancer falls to about half of that of a smoker. Risk of heart attack is about the same as someone who has never smoked.

5 TOP TIPS...

1. Book an appointment with your local NHS stop smoking service – you are up to 4 times more likely to succeed with their support.
2. Think of the benefits for you if you stop smoking – your health and your wealth – work out how much you will save when you quit.
3. If you have quit before think about what went well and why you went back to smoking – this will help future plans.
4. Make plans for activities to replace cigarettes in your day to day life. Think about keeping yourself occupied, being more active and hobbies.
5. Learn some stress management and relaxation techniques – take a day at a time and reward yourself for your success.



Drinking Alcohol Sensibly – Why it's Important

- Around 90% of the UK population drink alcohol – the majority drink at lower risk levels – an increasing number of people are drinking at higher risk levels. (*Alcohol Concern, 2007*).
- Alcohol misuse is associated with 150,000 hospital admissions each year and 17 million days off work. (*DoH, 2008*).
- In Coventry 1 in 28 people engage in higher risk drinking of over 100 units a week. 1 in 3 people are binge drinkers. (*Lifestyle Comparators, 2008*).
- Approximately 80 under 18s are admitted to hospital in Warwickshire each year with a specific alcohol condition. (*Local Alcohol Profiles for England, 2009*).

Lower Risk Drinking Message

- Men should not drink more than 3 to 4 units of alcohol per day and women should not drink more than 2 to 3 units of alcohol per day.
- Pregnant women should not drink any alcohol and alcohol should be avoided when trying to conceive.
- Men and women who drink regularly would benefit from one or two alcohol free days each week.
- Avoid binge drinking (men who drink 8 or more units in one session, and women who drink 6 or more units in one session).
- If you have drunk too much allow 48 hours for your body to recover.

Raising the Issue

“How do you feel about the amount you drink at the moment?”



Units of Alcohol... A Guide to What's in a Drink!



White Wine
750ml bottle
12% / 9 units
(Red Wine is often 13.5%)



Wine
250ml glass 3 units
175ml glass 2.1 units



Standard Beer/Lager
1 pint
2 units



Premium Beer/Lager
1 pint
3 units



Spirits
Single pub measure
1 unit



Alcopops
330ml bottle
2 units

5 TOP TIPS...

...to help you
drink sensibly

1. Know your alcohol units and be aware of the amount you are drinking – check your own weekly levels.
2. When drinking try to alternate alcohol with water – keep your body hydrated.
3. Stay in control of your drinking – try and avoid rounds, top-ups and 2 for 1's.
4. Consider reducing the number of days in the week you drink alcohol.
5. Plan activities for times when you would otherwise drink, eg. instead of going to the pub after work.

**One Small
CHANGE**

Mental Health and Well-being – Why it's Important

- Poor mental health is common, 1 in 4 people will suffer a mental health problem at some point in their lives; this includes depression, anxiety and stress-related health problems.
- Work-related stress affects about 1 in 5 workers in the UK. (*HSE, 2005*).
- Up to 1 quarter of consultations with a GP are about a mental health issue. (*DoH, 2006*).
- It is estimated that in Coventry 35,000 people experience common mental health problems. (*Mental Health and Well-Being Strategy, 2008/11*).
- In Warwickshire around 35% of the adult population experience common mental health needs. (*Adult Mental Health, Warwickshire, 2008/11*).

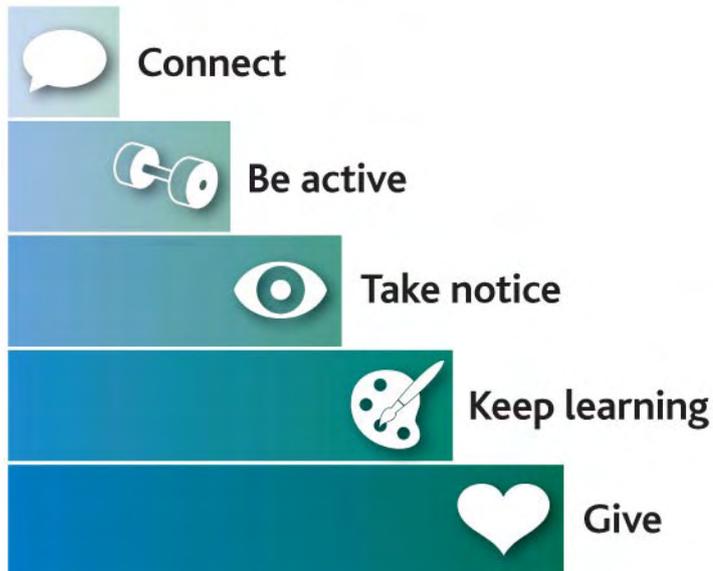
Raising the Issue

“How do you feel you are coping with life's ups and downs?”

Mental Health and Well-being Message

- Understand your own reactions to stress and try to lower stress and manage difficult situations.
- Having someone to talk to who will listen is a good way of protecting mental health.
- If you feel unable to cope (or think your mental health is deteriorating) **do seek help** – remember it is a common situation for many people.
- Mental health can be improved – the first thing is to recognise the problem and seek help – speak to your GP.
- Poor physical health is closely connected to poor mental health.
- Do not assume that poor mental health is something you should just put up with – help and support is available.

The Five Steps to Good Mental Health



5 TOP TIPS...

...for improving your Mental Health and well-being

1. Connect with others – keep in touch with friends and family.
2. Be active – activity improves your mood – walking is great – get outdoors when you can.
3. Take notice of your surroundings – enjoy the view from your window, see the flowers, children playing and people chatting together.
4. Keep learning – consider starting up a hobby (or restarting an old one), play music, cook or grow vegetables.
5. Give to neighbours and communities – join a community group, volunteer, watch out for your neighbours.



Sexual Health – Why its Important

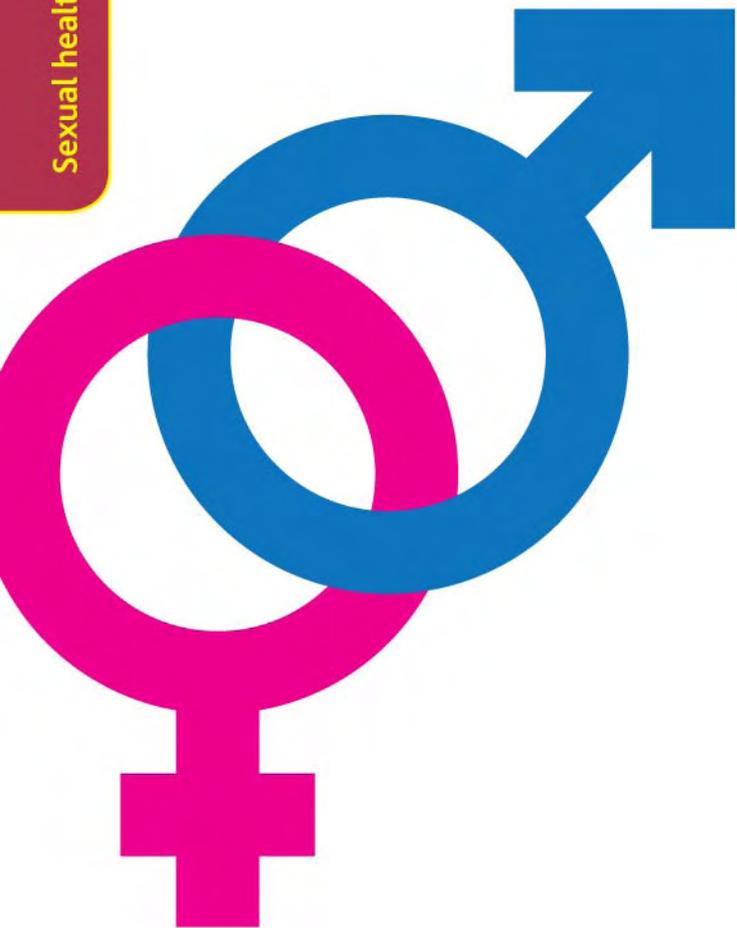
- Sexual risk taking is increasing across all the population. (HPA, 2004).
- Chlamydia is the most common sexually transmitted infection (STI) in the UK. 1 in 10 women and men under the age of 25, who are tested, have it.
- Nearly one quarter of all pregnancies in England and Wales end in abortion.
- There are more people living with HIV in the UK than ever before. By the end of 2008 numbers have reached 83,000. (HPA, 2009).

Raising the Issue

“Are you aware that you can get sexual health services free of charge at any age?”

Sexual Health Message

- Remember, **ALL** sexual health services are free and confidential.
- Screening for Chlamydia. 15 to 24 year olds can have a free simple urine test as part of the National Chlamydia Screening Programme.
- Emergency Contraception – A hormonal pill that may prevent a pregnancy if taken within 3 days (72 hours) of having unprotected sex. Available free see information card.
- Consider Long acting reversible contraception (LARC) for more information contact your sexual health services or your GP.
- Attending for a regular smear test is important. Women over 25 are invited for a smear test, available at your GP surgery or local health clinic. For details of health clinics visit www.pants.nhs.uk
- All people should practice safer sex and attend regular free screening, even if asymptomatic.



5 TOP TIPS...

1. Remember all sexual health services, including screening, are free and confidential.
2. Consider your sexual health at changing times in your life, for example going on holiday, beginning a new relationship, going to college or changing contraceptive methods.
3. Always practice safer sex.
4. Consider safer sex on 'nights out' where alcohol is involved, carry condoms and plan your transport home.
5. Condoms and Femidoms (female condoms) are the only form of contraception that protect against Sexually Transmitted Infections (STIs). Free condoms are available from contraception and sexual health services.



Healthy lifestyles

Healthy Eating, Healthy Weight, Physical Activity

For advice on **weight management and healthy lifestyles** contact your **local GP, practice nurse or school nurse**. OR call a **Health Trainer** for individual advice and support on **0300 200 0011**.

For information about **Physical Activity Opportunities in Coventry** visit www.coventry.gov.uk/coventryactive

Join a programme

Cook and Eat Well – for cooking skills and healthy eating call **0845 388 2369** or visit www.cookandeatwell.co.uk

One Body One Life (OBOL) A free 12 week programme that includes weight management healthy eating and physical activity.

Active for Health – a 12 week exercise programme – people can be referred by a health professional.

Coventry Healthy Walks – Free led walks
EXTEND – an exercise programme for men and women over 60.

For information about all these healthy lifestyle programmes call **02476 833148** or email beactivebehealthy@coventry.gov.uk

For one to one advice

For advice on Healthy Eating call the **Public Health Nutrition Service** on **02476 832595**, email nutrition@coventry.gov.uk or visit www.coventry.gov.uk/nutrition

Healthy lifestyles

For more information about healthy weight in Coventry visit www.coventry.nhs.uk/yourhealth/healthyweight

Visit the **Change4Life** website www.nhs.uk/change4life or call **0300 123 4567**.

Stopping smoking

To find out which free local **stop smoking** service is best for you call **0800 0511310** or visit www.coventry.nhs.uk/Yourhealth/StopSmoking

National smoking helpline including advice on smoking and pregnancy. Call **0800 169 0 169** or visit www.nhs.uk/smokefree

Mental health and well-being

For local help and support with anxiety and depression call **IAPT (Improving Access to Psychological Therapies)** on **0845 5216100**.

Remember being active has a positive impact on mental health. Look at the healthy lifestyle information on this page.

Contact your GP for advice or visit: www.livinglifetothefull.com
www.mentalhealth.org
www.mind.org.uk

Alcohol

The Recovery Partnership – for help and support call **02476 630135**.

Call the **National Drinkline**: **0800 917 8282** or visit www.alcoholconcern.org.uk

Sexual health

Pharmacies provide **FREE** emergency contraception, pregnancy testing, condoms and Chlamydia screening for women aged 25 or under – visit www.coventrypct.nhs.uk

Chlamydia 'got it?' screening service (under 25s) call **0300 020 0001** or visit www.got-it.org.uk

Sexually Transmitted Infections (STI's) Services – it's free and confidential for any age, call **0300 020027**.

For advice about sex and contraception call **Sexwise** on **0800 282 930** or visit www.nhs.uk/worhtalkingabout

CRASAC (Coventry Rape and Sexual Abuse Centre) call **02476 277777**.

For information on **health issues & local services** visit www.coventry.nhs.uk/yourhealth

NHS Direct **0845 4647**.

NHS Health Choices www.nhs.uk/choices

Healthy eating / Healthy weight

Weight Busters groups – Nuneaton and Bedworth contact: **02476 322048**.

Contact your local GP or practice nurse for information or support.

www.eatwell.gov.uk

www.bdaweightwise.com

Physical activity

For information on **Physical Activity programmes** in Warwickshire contact www.northwarks.gov.uk

Contact a **Health Trainer** on **02476 390008**.

Let's get Moving programme visit the website on www.nhs.uk/letsgetmoving

To find a free, **organised walk** near you go to www.wfh.naturalengland.org.uk

Stopping smoking

NHS Warwickshire **Stop Smoking Service**, telephone **0800 085 2917**.

www.smokefreewarwickshire.org

Text free "LIFE" to **80800**.

The **NHS Smoking helpline** **0800 169 0 169**.

NHS Pregnancy Smoking helpline **0800 169 0 169**.

www.nhs.uk/smokefree

Alcohol

Alcohol Advisory Service – The Community Alcohol Service is a voluntary organisation which aims to reduce harm caused by alcohol. For more information telephone **02476 226619**.

Visit the **Community Alcohol Service** website – www.swanswell.org/alcohol

National Drinkline number: **0800 917 8282**.

www.alcoholconcern.org.uk

Mental health and well-being

Improving Access to Psychological Therapy (IAPT), a service for Coventry and Warwickshire for people who are experiencing poor mental health, call **0845 521 6100**.

Visit your **GP** for advice.

Self-help books for dealing with stress, depression or anxiety are available from **Books on Prescription**. Visit

www.warwickshire.gov.uk/booksonprescription

For further support contact your nearest **Well-being Centre** via www.warwickshire.gov.uk/mentalhealth

www.livinglifetothefull.com

www.mentalhealth.org.uk

www.mind.org.uk

Sexual health

For services aimed at young people visit www.respectyourself.info or contact the **Respect Yourself Team** on **01926 742489**.

Chlamydia screening for young people visit www.freetestme.co.uk or contact **Warwickshire Chlamydia Team** on **02476 349460**.

For information about all **Warwickshire Sexual Health Services**, including **FREE** emergency contraception through accredited Warwickshire pharmacies visit www.nhs.uk/worthtalkingabout and search using your postcode.

Terrence Higgins Trust National Helpline Service **0845 122 1200**.

Sexwise confidential helpline for teenagers on anything to do with sex, relationships and contraception, telephone **0800 282 930**.

NHS Change4Life www.nhs.uk/change4life

NHS Direct **0845 4647**.

NHS Health Choices www.nhs.uk

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