

Live Well Stay Well: A leading health improvement service

12th June 2018


TVSCN conference

The challenge

How do you design a healthy lifestyle service that encourages and supports residents make practical changes that will improve their health and wellbeing in the longer term?

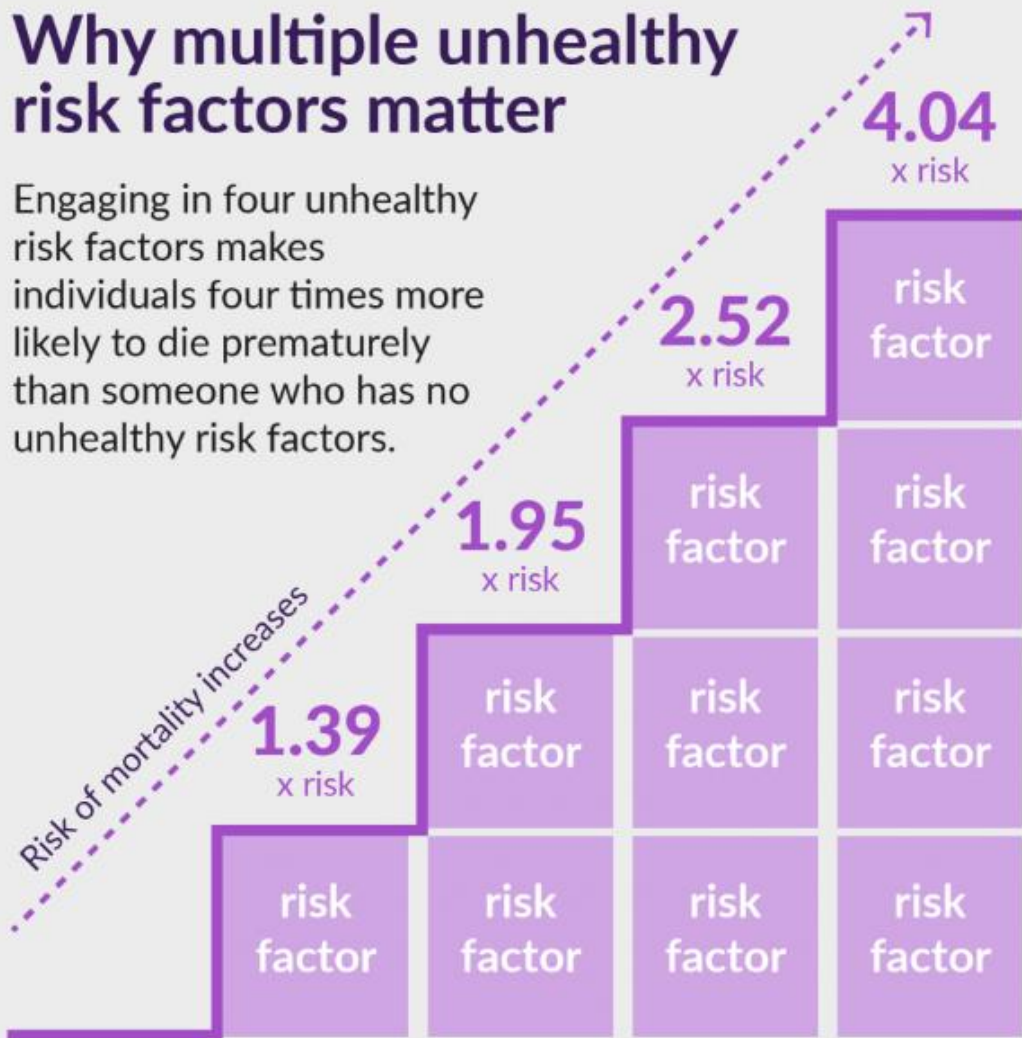


Unhealthy behaviours in Bucks

- 1 in 10 smoke
 - 3 in 10 drink over 14 units of alcohol a week
 - Almost 4 in 10 adults not doing enough physical activity
 - 6 in 10 adults overweight or obese
 - 77% boys and 84% girls don't do enough physical activity
 - Almost 3 in 10 children aged 10-11 yrs old overweight or obese
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Why multiple unhealthy risk factors matter

Engaging in four unhealthy risk factors makes individuals four times more likely to die prematurely than someone who has no unhealthy risk factors.



Risk factors



Poor diet



Excessive alcohol consumption



Inactive lifestyle



Smoking

How did we get here?



2015 - 2016



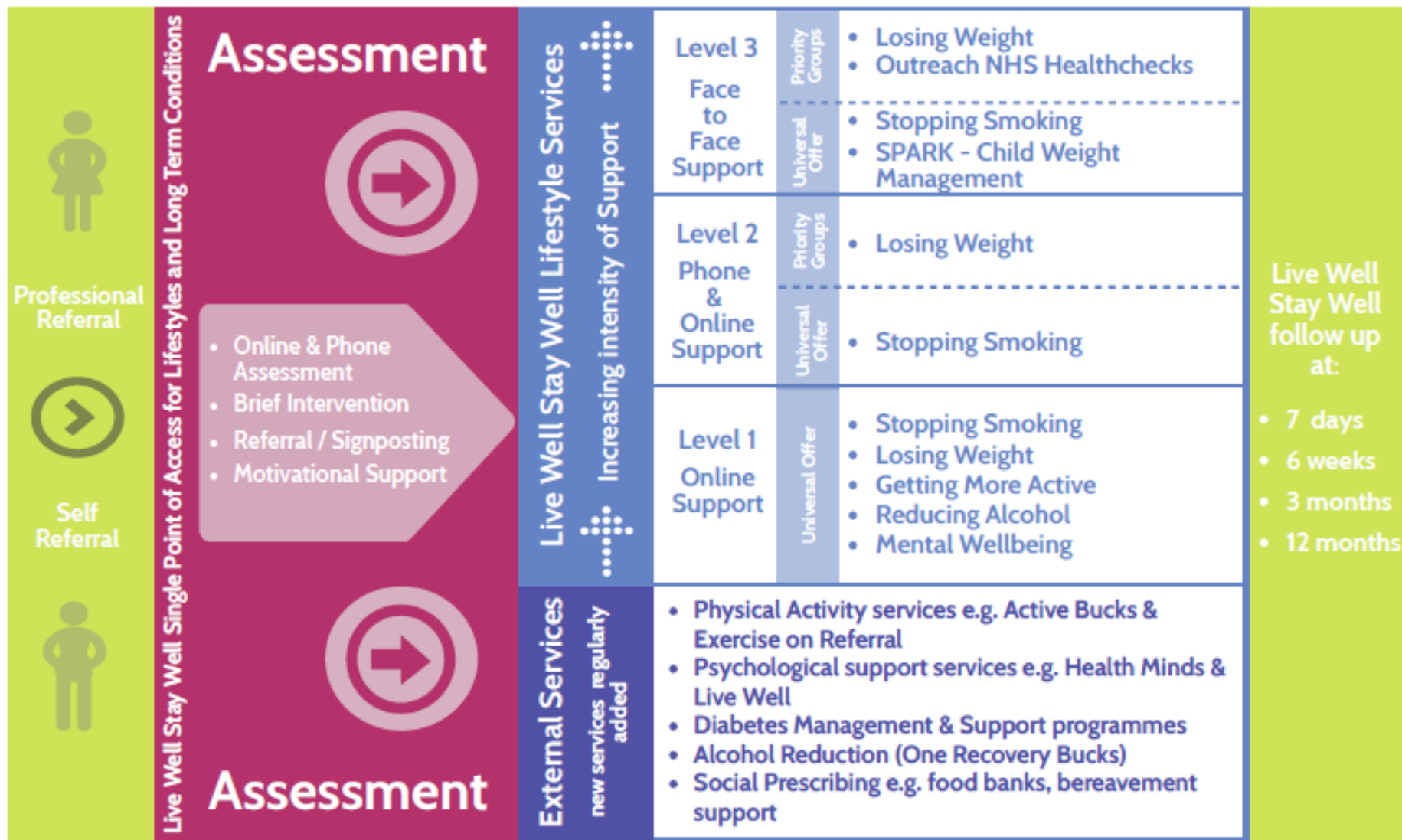
2016 - 2018



2018 -



The LWSW Service:



- Services are offered subject to eligibility criteria

www.livewellstaywellbucks.co.uk



ABOUT

SPARK TOOLS

FOR REFERRERS

YOUR STORIES

PARENTS & CARERS

CONTACT US

PROFESSIONAL REFERRAL

ENROLL WITH SPARK

Welcome

A great way for the family to eat more healthily and get active

FIND OUT MORE

Small change, big difference

0:03 / 3:15

URTY COUN


Data for April 2018

The data below is from the first operational month of the service (April 2018):

- 4421 website visits
- 1980 unique visits
- 884 referrals made to LWSW
 - 49% from GPs (43 practices out of 51)
 - 13% from other professionals
 - 38% from self referrals

The Service has increased my awareness of what I need to do to be healthier... Having someone who is a good listener that I can build a rapport with has been great.

Stakeholders

- Launch event 24th May
 - 120 number of attendees
 - Range of organisations including:
 - CCG
 - Primary care
 - Community and voluntary groups
 - Libraries
 - DWP
 - Fire service
 - Healthwatch
 - Communities team
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Want to know more?

- Visit: www.livewellstaywellbucks.co.uk
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