Brief Interventions Resource Information

ChaMPs public health network

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Adapted for University students

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What is a brief intervention?

Taking an opportunity to talk to people about healthy lifestyles

All frontline workers can be helpful in the process of encouraging people to consider change (Choosing Health:Making healthy choices easier Department of Health [DH] 2004)
A brief intervention may last from 5 to 15 minutes.

It should follow a simple structure that is supportive, motivational, encouraging and informative.

The 5 'A's

Ask

Raise the issue of healthy lifestyles in a non-judgemental way

Assess

Explore how a person is feeling about considering change

Advise

How much information does the person have about the issue raised and what else do they want to know?

Action

Discuss what the person wants to do and how you can help them determine the best action to take

And finally……

Follow up – what happens next?

The 5 ‘A’s in Action

Healthy Eating

Background

- 1 in 3 deaths from cancer are attributable to poor diet (DH 2004)
- In 2007 only 27% of men and 31% of women consumed five or more portions of fruit and vegetables a day (NHS Information Centre 2009)
- Reducing our daily intake of salt to the recommended 6 grams per day would contribute to the reduction in CHD (6%) Stroke, (15%), high blood pressure (17%) (British Heart Foundation [BHF] 2006) www.bhf.org.uk. It has been calculated that a reduction as small as 2 mmHg in the average adults systolic blood pressure could save more than 14,000 lives a year in the UK
- Tooth decay is linked to poor diet / too much sugar too often. 47% of North West children will have experienced tooth decay by the age of five (Dental Observatory; www.dental-observatory.nhs.uk

Information

www.food.gov.uk • www.5-A-DAY.nhs.uk
www.tasteforhealth.com
Finding a dentist: 0800 073 1106

Message

A healthy diet is made up of food from 5 different groups:

- **Fruit and vegetables (5-A-DAY)**
- **Starchy carbohydrates**
- **Proteins (meats, fish and alternatives)**
- **Milk and dairy products**
- **Fatty and sugary foods**
- Reduce salt intake to approx 6 grams per day (just over 1 teaspoon)
- 75% of salt in our diets comes from processed foods
- Fatty and sugary foods should be eaten in small amounts (maybe as a treat)
- Reduce high fat snacks and takeaways - fruit and vegetables make great snacks

Remember…*Enjoy your food!*
Eat a variety of different foods!
Eat the right amount!

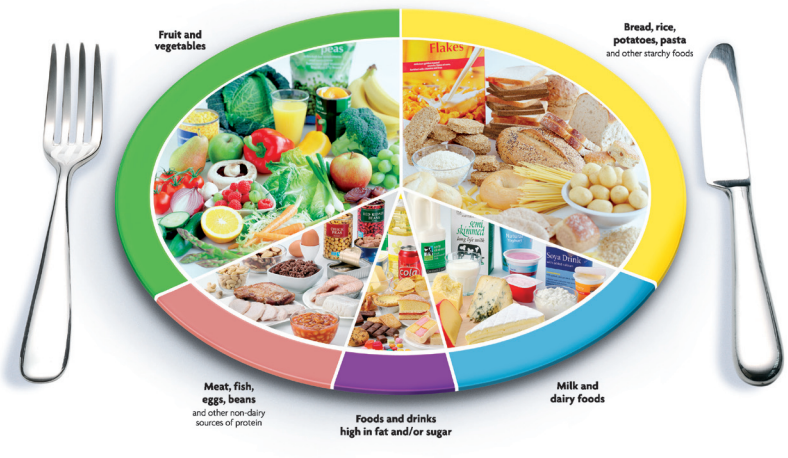
NB: Some people may need additional dietary advice due to certain allergies/illnesses.

The eatwell plate

FOOD STANDARDS AGENCY

eatwell.gov.uk

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.



http://www.food.gov.uk/multimedia/pdfs/eatwellplatelarge.pdf

Healthy Weight

Background

- Being overweight or obese is an increasingly common problem for children, young people and adults both nationally and locally
- If current trends continue, 60% of men, 50% of women and 26% of children in the UK will be clinically obese by 2050
- In 2007, 24% of adults (aged 16 or over) in England were classified as obese (BMI 30 kg/m2 or over). Normal BMI should be 20-25 kg/m2
- Being overweight or obese increases a person's risk of heart disease, cancer and diabetes
- Obesity (a BMI over 30) reduces life expectancy on average by 9 years
  (Foresight Report 'Tackling Obesities: Future choices (2007) Government office for science www.foresight.gov.uk/obesity)

Check out local health statistics by logging on to the North West Public Health Observatory

http://www.nwph.net/nwpho

Find out about local resources in your area

Message

- Maintaining a healthy weight requires a balance between healthy eating, portion size and regular physical activity
- People planning to lose weight should check their BMI (see weight calculator www.nhs.uk/toolbox)
- A small amount of weight loss (between 5-10% of total weight) provides a significant health gain
- Aim for gradual weight loss e.g.1/2 to 1 kg per week
- Physical activity should be part of any weight loss plan
- Alcoholic drinks are high in calories too
- Look for triggers that lead to overeating e.g. boredom, stress, lack of time, habit and taste

A few tips

- Don't shop when you are hungry
- Do plan your shopping
- Do increase fruit and vegetables in the diet
- Don't miss out meals, the temptation to overeat later is greater
- Do take any opportunity to become more active
- Do use a smaller plate
- Do learn to manage eating triggers

Weight in Pounds

Height in Feet and Inches	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4’	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4’2”	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4’4”	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4’6”	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4’8”	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	57.1	49.3	51.6	53.8	56.0
4’10	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5’	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5’2”	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5’4”	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5’6”	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	39.7	40.3
5’8”	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5’10	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6’	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6’2”	12.8	14.1	15.4	16.7	18.0	19.3	30.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6’4”	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6’6”	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6’8”	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6’10	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7’	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

Underweight Normal Overweight Obesity

Physical Activity

Background

- Around 70% of the population are not active enough to benefit their health; 6 in 10 men and 7 in 10 women
- 36% to 38% of deaths from CHD are directly due to lack of physical activity
- Physically active people live longer, have less illness, improved mental and social health (BHF 2006)

What local leisure resources are in your area?

Message

- Adults should be moderately active for a minimum of 30 minutes on five (or more) days of the week. 30 minutes continuous activity gives the best health benefit
- Moderate describes an activity that makes you feel warmer and have a slightly raised heart rate (you should be able to talk during the activity!)
- Build up activity levels gradually, walking is cheap and effective, try increasing your daily steps toward 10,000 per day
- Children (aged 5 - 18) should be moderately active for a minimum of 1 hour every day

Always try to make physical activity part of your day – fun, achievable and sociable

NB: Certain people such as overweight or with chronic illness should be advised to speak with their GP before taking up new physical activity programmes.

Activity

What can you do for:

- 10 minutes
- 20 minutes
- 30 minutes

- Walk or cycle to work
- Use the stairs not the lift
- Chair based activities for limited mobility
- Walk the dog
- Use a step - o - meter
- Do extra house work or gardening
- Get up, from your chair and take a 3 minute walk every hour
- Take a couple of lunchtime walks during the week
- Be more adventurous!

Check out the website...

change 4 life

Eat well Move more Live longer

http://www.nhs.uk/change4life

Alcohol

Background

Alcohol misuse accounts for almost 9% of disease burden and is associated with a wide range of health problems. Around 18% of the adult population in England binge drink (Office for National Statistics ONS (2009) Statistics on Alcohol:England 2009 www.ic.nhs.uk)

Message

Sensible Drinking

- Adult men should not exceed a maximum intake of 3-4 units a day
- Adult women should not exceed a maximum intake of 2-3 units a day
- People who drink regularly should try to aim for 1-2 drink free days per week)
- Pregnant women should avoid alcohol
- Binge drinking for men is 8 units and for women 6 units (or more) in one session
- Around 90% of the population drink alcohol, it can be relaxing and sociable - providing people drink within drinking guidelines

Information

Drinkline: 0800 917 8282
OKUK: 0151 702 0740.
A service for 11-19 year olds
www.pssst.org.uk • www.nhs.uk/units

What local services are in your area? Contact your local Drug and Alcohol Action Team (DAAT).
See Alcohol Learning Centre for on line course www.alcohollearningcentre.org.uk

Some tips for reducing drinking

Keep track of your drinking

You may lose your sexual inhibitions – use a condom

Avoid drinking before you go out

Never drink on an empty stomach

After heavy drinking abstain for at least 24 hours

Alternate alcohol and water – stay hydrated

You may be over the limit for driving a vehicle

Alcohol can make you vulnerable

What's in a drink? Know your units!

A bottle of average white wine, 12% volume - 750 ml, contains 9 units of alcohol (red is often 13.5%)

Most glasses of wine poured at home contain between 175 – 250 ml = between 1.75 and 3 units of alcohol

One pint of premium beer of lager, e.g. 'San Miguel', contains 2.8 units of alcohol

1 pint of standard beer contains 2 units of alcohol

A single pub measure,e.g. gin or vodka, 37.5% vol (25mls) = 1 unit of alcohol (beware of doubles or happy hour')

One bottle of alcopops, e.g.' WKD,5% vol = 1.4 units of alcohol

Alcohol is high in calories; one pint of ordinary beer has almost 200 calories and a small glass of wine around 120

A glass of red or white wine

250 ml = 3 units
175 ml = 2.1 units

(Large or small pub measure)

Spirits single pub measure

= 1 unit

1 x 750 ml bottle of White Wine

12% = 9 units

1 pint premium beer or lager

= 2.8.units

1 pint standard beer = 2 units

Adult men should not exceed a maximum intake of 3-4 units a day.
Adult women should not exceed a maximum intake of 2-3 units a day.

Mental Health and Wellbeing

Background

- 1 in 4 consultations with a GP concern mental health issues (Mental health Foundation - 2005)
- There are 1.5 million carers in the UK supporting people with MH problems
- Stress is the UK's most common cause of sickness absence with 13.5.million days lost each year. (www.hse.gov.uk/stress)
- Around 6% of the population aged over 65 years are affected by dementia
- One in five people over 80 suffer from dementia.
- Employment is thought to play an important role in rehabilitation. People suffering from mental health problems who are not in employment are thought to be less likely to recover from their illness.
- People with mental health problems are up to twice as likely to report experiencing a long-term illness or disability

Information

www.livementalhealth.org.uk – a one stop shop for all aspects of mental health

- c.a.l.m. 0800 585858 - for young men 18-25 www.calmzone.net • Samaritans 08457 909090

Message

- Poor mental health and stress is common
- Interventions to improve mental health and wellbeing include personal behaviour change, support from family and friends and sometimes professional treatment
- Small changes to lifestyle can be beneficial, e.g. increasing physical activity, eating well, moderate alcohol intake, reducing or stopping smoking and getting enough sleep
- Talking about feelings, keeping in touch with friends, caring for others, learning a new skill or hobby and participation in community activities
- Learn more about yourself and what your limits are, do you take on too much or too little? Try to get the balance right
- Feeling unable to cope - don't be afraid to ask for professional help – contact your GP for advice – find a surgery: www.nhs.uk

What local resources for mental health are available in your area?

Recognising poor mental health and wellbeing

Possible signs and symptoms of poor mental health

Behaviour:

- Unable to concentrate
- Eating, smoking or drinking more
- Withdrawal and loss of interest in usual activities
- Sleep or appetite changes

Emotions:

- Low mood, prolonged over a few weeks
- Feeling sad or weepy
- Over stimulated / on edge
- Low self esteem or low confidence
- Preoccupation with worries or concerns

Physical:

- Headaches and muscle tension
- Stomach upset
- Dry mouth
- Sweaty or clammy
- Palpitations

Positive actions to take

- Be more active - this is proven to lift mood
- Reduce your use of alcohol, caffeine and' junk' food as these can make symptoms worse
- Try and talk to people about how you feel, share your worries and concerns with people you feel may be able to help
- Speak to your GP - it may be that you need a referral to a talking therapy for impartial listening, counselling or a course or medication

Some physical symptoms are indicative of other medical conditions - if uncertain consult your GP

Sexual Health

Background

- Sexual risk taking is increasing across ALL populations
- Numbers of new sexually transmitted infection (STI) diagnosed at GUM clinics have risen steadily over the last 10 years
- Genital Chlamydia and genital warts accounted for over half of all new STI diagnosed at GUM clinics in 2007
- HIV prevalence is increasing in the UK adult population and it is estimated that a 1/3rd of those living with HIV are undiagnosed
- The UK has the highest rate of teenage pregnancy in Western Europe

Find your own local resources

Brook (Under 25s):

GUM clinic:

Message

- Sexual risk taking is greater at times of change e.g. going to college or university, leaving home, changing relationships and whist on holiday
- Alcohol can affect a persons judgement sometimes increasing risk taking behaviour including unsafe sex
- Condoms offer protection against STIs but are not the most reliable form of contraception
- Women can take emergency contraceptives EC (the morning after pill) up to 72 hours after having unprotected sex, the earlier it is take the better
- EC is available free from all contraceptive/ sexual health services and Walk-in Centres and from some pharmacies, and is available to those aged under 16 too

Screening

- All STIs can be treated and most can be easily cured if diagnosed early
- Chlamydia screening is available at a variety of venues
- Women over the age of 25 should attend for regular smear tests to check for cervical cancer

Some useful prompts

Going on holiday with friends?

- Think about safe sex. Organise contraception before you go

Preventing unplanned pregnancy

- Think about Long-acting reversible contraception (LARC) as a reliable method of contraception

Need emergency contraception?

- Emergency Contraception can be taken for up to 72 hours preferable as soon as possible

New relationships?

- Think about safe sex. Discuss with your partner - do you need a sexual screen?

Drinking alcohol?

- Think about safe sex. Organise contraception in advance

Worried about STIs?

- Put your mind at rest and have a test. You only need a urine test or self swab

Testicular cancer

- Is the single biggest cause of cancer-related deaths in men aged 15 to 35 years in the UK. For further information on the facts see www.cancerhelp.org.uk

Cervical cancer

- All young women under 18 years should be vaccinated against Human Papilloma Virus (HPV). Check if you are eligible at: www.immunisation.nhs.uk/vaccines/HPV

Smoking

Background

- Smoking is the biggest single cause of ill health and early death in the UK
- Smoking is highest in the 20-24 age group (31 per cent) and lowest among those aged 60 and over (12 per cent) in the UK (National Statistics 2009)
- In the North West 40 people die each day of smoking-related diseases
- Nationally, around 27% of smoking-related deaths can be attributed to lung cancers, 20% to ischemic heart disease, 20% to chronic obstructive pulmonary disease and 5% to stroke
- Second hand smoke kills around 12,000 people a year in the UK
- 17,000 children each year (50 a day) are admitted to hospital as a result of exposure to second-hand smoke
- In the UK around 450 children start smoking every day

Find out what local resources are in your area

Information

NHS Stop Smoking Service FagEnds:
0800 195 2131 - www.fagends.org
National NHS smoking helpline:
0800 022 4332
www.givingupsmoking.co.uk

Message

- Stopping smoking is the single biggest change anyone can make to benefit their health - at any age - it's never too late
- Millions of people have managed to quit - alone or with help and support - it is possible!
- Stop smoking services (FagEnds) are a supportive service that can really make a difference and help people to overcome addiction and change their smoking behaviour
- Therapies such as Nicotine Replacement Therapy (NRT) can help with nicotine withdrawal
- For people not ready to quit it is worthwhile to reduce smoking which will offer some health benefit and also benefit children by reducing their exposure to smoke in their home environment

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 you energy levels increase
2-12 weeks	Circulation improves throughout your 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 to having a heart attack falls to about half that of a smoker
10 years	Risk of lung cancer falls to about half that of a smoker. Risk of heart attack is about the same as someone who has never smoked

Useful contact numbers, addresses

Name	Telephone	E-mail/website

Useful contact numbers, addresses

Name	Telephone	E-mail/website

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