







Every contact must count as an opportunity to maintain, and where possible, improve mental and physical health and wellbeing (NHS Future Forum report, 2012).



**A short conversation about healthy lifestyles should:**

- Take 30 seconds or longer
- Follow a simple structure
- Be supportive
- Be encouraging
- Provide information – including signposting to other services when appropriate.

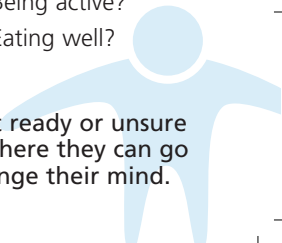


**ASK: Are you happy with your lifestyle?**

**Would you like help with:**

- Stopping smoking?
- Alcohol intake?
- Being active?
- Eating well?

Remember if a person is not ready or unsure about changing tell them where they can go for support should they change their mind.





**How do you feel about your health and wellbeing?**

1 2 3 4 5 6 7 8 9 10

*Not good*

*Very good*

**How important for you is it to make a change?**

1 2 3 4 5 6 7 8 9 10

*Not important*

*Very important*

**How confident do you feel to make a change?**

1 2 3 4 5 6 7 8 9 10

*Not confident*

*Very confident*

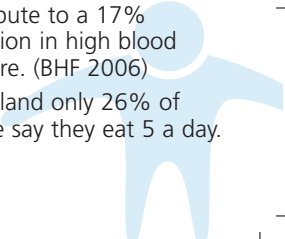


**Healthy Eating**  
Why it's  
Important



**ASK:**

***"Tell me a little  
about the foods  
you usually eat?"***

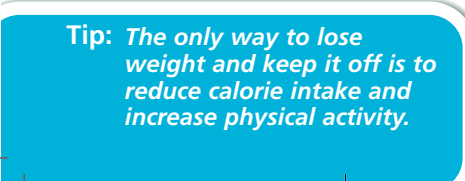
- 1 in 3 deaths from cancer and coronary heart disease are attributable to poor diet. (FSA 2007)
  - Reducing salt intake to 6gms a day for adults would contribute to a 17% reduction in high blood pressure. (BHF 2006)
  - In England only 26% of people say they eat 5 a day.
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**Aim for:**



- 5 or more portions of fruit and vegetables a day (frozen and tinned counts too)
- Less sugar, salt and fat
- One third of your food to be starchy foods like potatoes, cereal, pasta, rice and bread.



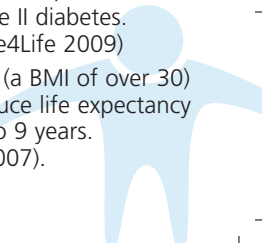
**Tip:** *The only way to lose weight and keep it off is to reduce calorie intake and increase physical activity.*

## Healthy Weight Why it's Important

**ASK:**

***"Would you mind  
if we discussed your  
weight for the  
next few minutes?"***

- In England being overweight and obesity is rising in adults and children – this increases a person's risk of developing chronic illnesses such as heart disease, some cancers and type II diabetes. (Change4Life 2009)
- Obesity (a BMI of over 30) can reduce life expectancy by up to 9 years. (DoH 2007).






**Aim for:**



**Tip:**

*Plan your meals, make a list and stick to a budget.*

- Regular checks on your BMI
  - Losing between 5% and 10% weight to make a big difference to your health
  - A gradual weight loss of between 1 and 2lbs or 0.5 to 1kg a week
  - Drinking lots of water (sometimes it's thirst, not hunger!)
  - Three regular meals a day.
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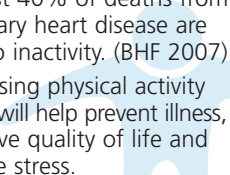


**Physical Activity**  
Why it's  
Important



**ASK:**

***"How active are you day to day?"***

- 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 will help prevent illness, improve quality of life and reduce stress.
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**Aim for:**

- 150 minutes of moderate activity a week. Moderate describes an activity that will slightly increase your heart rate and makes you feel warmer
- Being able to talk comfortably whilst being active.



**Tip:** *Reduce time spent just sitting.*



**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.

**ASK:**


***"How do you feel about stopping smoking?"***





**Aim for:**

- Making a decision to stop smoking
- Deciding on how you would like to be supported to stop smoking
- Setting a date for stopping smoking
- Making an appointment with a stop smoking service.



**Tip:** *Smokers are 4 times more likely to quit smoking with support from an NHS stop smoking service.*

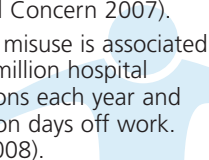


**Drinking  
Alcohol Sensibly**  
Why it's  
Important



**ASK:**

***"How do you feel  
about the amount  
you drink at the  
moment?"***

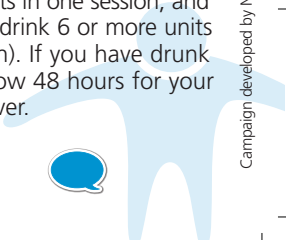
- Around 90% of the UK population drink alcohol – the majority drink at lower risk levels – but more people are drinking at higher risk. (Alcohol Concern 2007).
  - Alcohol misuse is associated with 1 million hospital admissions each year and 17 million days off work. (DoH 2008).
- 



**Aim for:**



**Tip:**  
*Plan activities  
for times when  
you would  
otherwise  
drink.*

- No more than 3 to 4 units for men and 2 to 3 units of alcohol for women per day
  - 1 or 2 alcohol free days each week
  - No 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.
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**It's best to signpost patients or service users to local services. Write them here:**

STOPPING SMOKING?

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ALCOHOL INTAKE?

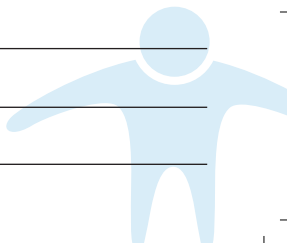
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BEING ACTIVE?

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EATING WELL?

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**Make a referral, provide information leaflet or signpost to local services.**



Good sources of information are:

- [www.nhs.uk/change4life](http://www.nhs.uk/change4life)
- [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)
- [www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

**Campaign developed by NHS Midlands and East.**

Adapted from Healthy Lifestyle Conversation Cards, Health Development Consultancy in collaboration with NHS Coventry and NHS Warwickshire and NHS Bedfordshire and NHS Luton's Pocket Guide.

