

Gloucestershire Making Every Contact Count Programme



Key messages to help people to make lifestyle changes

Physical Activity

1. Once you've found the activity that's right for you, do it at the same time and on the same days each week so it becomes part of your lifestyle.
2. You don't need to do your daily activity minutes in one go. Break it up into 10 minutes chunks throughout the day.

Healthy Diet

1. Don't cut out whole food groups, skip meals or go on a strict diet. You're more likely to maintain your weight loss if you lose weight gradually.
2. Small changes like cutting down on fatty or sugary snacks, reducing portion sizes, and drinking less alcohol, can make a difference.

Emotional wellbeing

1. You're not alone. Research suggests that one in four of us will have problems with our mental and emotional wellbeing at some time in our lives.
2. Use the five ways to wellbeing to improve how you feel

Alcohol

1. Aim to have at least two consecutive drink free days a week.
2. Go for smaller sizes, and cut down the alcohol by swapping strong beers or wines for ones with a lower strength (ABV in %). You'll find this information on the bottle.

Smoking

1. It's never too late to quit, you're start feeling better straight away.
2. You're more likely to quit successfully if you get help. The NHS offer free local support for smokers who want to quit.

Top tips to help people to make any lifestyle changes

- Focus on one aspect of your health or lifestyle you want to change. Don't try and change everything at once.
- You're more likely to succeed if you make one small realistic change to start with which can become part of your daily routine.
- The odd setback doesn't mean you've failed. Take it one day at a time and allow a bit of flexibility for days that don't go according to plan.
- If you can, get support from friends, family or colleagues- be it practical help or just encouragement.
- Pin up a note at home or work to remind you what your motivation is for getting healthier. Write down the three main reasons why you want to change and the three key benefits for your health.
- Make a plan - think through what aspects of your lifestyle you'll have to change to meet your goal. Include mini weekly goals to keep you on track. Keep a diary so you can look back at your progress.

Physical activity

Key messages

- Once you've found the activity that's right for you, do it at the same time and on the same days each week so it becomes part of your lifestyle.
- You don't need to do your daily activity minutes in one go. Break it up into 10 minutes chunks throughout the day.

Other key messages to consider:

- Being active doesn't have to be expensive or involve sport or going to the gym.
- Take up an activity that you can easily build into your daily routine, like a brisk walk in your lunch break.
- Buddy up with friends so you can motivate each other.
- Reduce the amount of time you spend sat or lying down during the day.

Why is it important?

- Regular physical activity can improve your physical health and your emotional wellbeing.
- Evidence shows that being active can reduce your risk of coronary heart disease, strokes, type 2 diabetes, and some cancers by up to 50%.
- Being active can help with musculoskeletal disorders (like back pain).
- Being active can help you manage your weight.
- Being active can help improve your mood, reduce anxiety and depression, and help you sleep better.

NHS guidance

The amount of activity you need to do a week depends on your age.

- Adults should aim for 30 minutes of moderate activity five times a week (or 150 minutes a week)
- Young people (5-18) should do 60 minutes every day
- Children under 5 should do 180 minutes every day

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and be slightly breathless. One way to tell if you're working at a moderate intensity is if you can still talk but you can't sing the words to a song.

While any activity is good, daily chores such as shopping, cooking or housework don't count towards your 150 minutes. This is because the effort needed to do them isn't hard enough to get your heart rate up.

Suggestions you could make

- Take the stairs instead of the lift or escalator.
- Get off the bus or train one stop earlier and walk the rest of the way.
- Take short journeys (a mile or less) on foot e.g. walk to the shops instead of taking the car.
- Take a walk at lunch time.
- Take up an active hobby such as cycling or walking.
- Get active doing jobs around the house like gardening and DIY.
- Spend as much time as possible on your feet. Buy a pedometer and see how many steps you can do and then aim to increase the number.

Signposting to local services and online support

The **Community Health Trainer service** offers free and confidential one to one support to adults who want to make lifestyle changes to improve their health, such as reaching a healthy weight or getting active: visit www.gloshealthtrainers.nhs.uk or call 01452 554408.

Aged 40-74 years? You may be eligible for a free NHS Health Check - a health check helps to identify the risk factors that could lead to illnesses such as heart disease, stroke, diabetes and kidney disease. As part of the check, you'll also receive advice on making healthy lifestyle choices to help reduce your risk. Ask you GP for more information.

There are **free weekly walking groups** across the county. Visit www.walkingforhealth.org.uk to find your nearest group.

The **Active Gloucestershire** website has information on local sports clubs, classes and other activities, visit www.activegloucestershire.org/

The local **district councils** all offer support to help people become more active, including 'physical activity on referral schemes'. Look on your local council's website to see what's on offer.

Contact Gloucestershire's **'Key' service** on 08456 583857 for information on free and discounted leisure passes for **disabled children** up to the age of 18.

Search online for **Change 4 Life or NHS Choices** for free information, advice and tools on getting active.

The **Parasport website** contains information on **disability sports**, and a search facility to find local clubs, visit www.parasport.org.uk

Visit www.btcv.org.uk to find your nearest **'Green Gym'** – you can improve your local environment and get active at the same time.

Healthy eating and healthy weight

Key messages

- Don't cut out whole food groups, skip meals or go on a strict diet. You're more likely to maintain your weight loss if you lose weight gradually.
- Small changes like cutting down on fatty or sugary snacks, reducing portion sizes, and drinking less alcohol, can make a difference.

Other key messages to consider:

- Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.
- Check food labels when you're shopping to help you make healthier choices. Choose foods that are low in saturated fat, sugar and salt.

Why is it important?

- Maintaining a healthy weight and eating a healthy, balanced diet can improve your physical health and emotional wellbeing.
- Being overweight increases your risk of type 2 diabetes, high blood pressure, cardiovascular disease, and some cancers.
- Being overweight can impact on your self-esteem and confidence.

NHS Guidance

Eat the right number of calories for how active you are, so that you balance the energy you consume with the energy you use.

The average man needs around 2,500 calories a day. The average woman needs 2,000 calories. For slow steady weight loss the average person needs to reduce their daily energy (calorie) intake by around 500 calories.

Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.

A safe and healthy weight loss is around 0.5kg to 1kg a week (or 1lb to 2lb).

Changes you could suggest:

- Start by learning a bit more about what and when you eat – keeping a diary of all you eat and drink for a few days will show you which areas you need to focus on – don't try to change too many things at once.
- Boil, steam, grill or poach rather than fry and roast.

- Choose lean cuts of meat, trim off the fat.
- Base your meals on starchy foods. Starchy foods should make up around one third of the foods you eat. Starchy foods include potatoes, cereals, pasta, rice and bread.
- Eat at least five portions of different types of fruit and vegetables a day.
- Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least two portions a week.
- Cut down on sugary fizzy drinks, alcoholic drinks, cakes, biscuits and pastries, which contain added sugars.
- Choose foods that contain unsaturated rather than saturated fats.
- Cut down on salt.
- Don't skip breakfast. It will give you the energy for the day ahead and you may be less likely to reach for that mid-morning sugary snack
- Don't forget that sugary drinks and alcohols also contain calories.

Signposting to local services and online support

The **Community Health Trainer service** offers free and confidential one to one support to adults who want to make lifestyle changes to improve their health, such as reaching a healthy weight or getting active: visit www.gloshealthtrainers.nhs.uk or call 01452 554408.

The Gloucestershire Community Weight Management on Referral Service is provided by Slimming World. It runs on different days of the week and different times of day at locations throughout the county. Ask your GP or Practice Nurse if you are eligible and if you are, they can refer you.

Aged 40-74 years? You may be eligible for a free NHS Health Check - a health check helps to identify the risk factors that could lead to illnesses such as heart disease, stroke, diabetes and kidney disease. As part of the check, you'll also receive advice on making healthy lifestyle choices to help reduce your risk. Ask your GP for more information.

Search online for **Change 4 Life or NHS Choices** for free information, advice and tools on eating healthily and healthy weight.

fatmanslim is a free online **weight loss programme for men** – www.fatmanslim.com

Emotional wellbeing and mental health

Key messages

- You're not alone. Research suggests that one in four of us will have problems with our mental and emotional wellbeing at some time in our lives.
- Use the five ways to wellbeing to improve how you feel:
 - **Connect**
 - Spend time with other people doing something you enjoy.
 - Keep in touch with friends and talk about your feelings.
 - **Be Active**
 - Go for a walk, run, swim, or dance.
 - **Take notice**
 - Notice what is around you when you are out, instead of allowing your mind to be full of thoughts. Enjoy nature.
 - **Keep learning**
 - Take up a new hobby, do something creative, start a course or teach yourself a new skill.
 - **Give**
 - Small acts of kindness such as saying thank you or helping out a neighbour, or larger ones like volunteering can make you feel happier and more satisfied about life.

Other key messages to consider:

- Help is available and getting help early can prevent things from getting worse.
- If your symptoms are so bad that they're impacting on your life, health and relationships, talk to your GP. Doctors aren't only there to help with your physical health; they can also help with diagnosing and treating mental or emotional problems. You can also contact the local "Let's Talk" service on 0800 073 2200.
- Small changes to our lifestyle can make a difference to how we feel. Getting active, spending time outside, eating healthily and spending time with family, friends, or neighbours can help.

Why is it important?

Poor mental or emotional wellbeing can cause feeling of sadness and loneliness; anxiety and low self esteem; as well as difficulties sleeping. It can also cause people to drink more alcohol or smoke excessively to relieve stress.

Signposting to local services and online support

The Gloucestershire “**Let’s Talk**” **service** provides a range of free support for stress, anxiety and depression. Call 0800 073 2200 or visit www.talk2gether.nhs.uk.

The Rethink Gloucestershire **Self-Harm Helpline** offer text, telephone and online support for people affected by self-harm. Call 0808 801 0606, text 07537 410022 or email glosselfharm@rethink.org.

The **Samaritans** provide confidential emotional support 24/7 to those experiencing despair, distress or suicidal feelings. They can be contacted by phone (08457 90 90 90), email jo@samaritans.org, or text (07725 909090).

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Survivors of Bereavement by Suicide are a self-help organisation offering emotional and practical support for those bereaved by the suicide of a close relative or friend. The Gloucester group can be contacted on 01452 371 945

ChildLine can be contacted on 0800 11 11. Young people can also chat in confidence online to a ChildLine counsellor at www.childline.org.uk

www.mindfull.org is a new online service for 11-17 year olds. It provides support, information and advice about mental health and emotional wellbeing, helping you to overcome life's ups and downs and helping you feel confident and happy about who you are.

Search online for **NHS Choices** for free information, advice and tools on emotional wellbeing and mental health.

Quitting smoking

Key messages

- It's never too late to quit, you'll start feeling better straight away.
- You're more likely to quit successfully if you get help. The NHS offer free local support for smokers who want to quit.

Other key messages to consider:

- Quitting smoking is one of the best things you can do to improve your health.
- You can contact the Gloucestershire NHS Stop Smoking Service on 0300 421 0040 to get free advice and support to help you quit.
- By quitting smoking you'll also be helping protect the health of your family.
- Think about how much money you could save.

Why is it important?

- Quitting smoking is one of the best things you can do to improve your health and the benefits of quitting start immediately.
- Smoking can cause a range of illnesses, including cancers, respiratory diseases and circulatory diseases, like heart disease and strokes.
- You can become ill if you smoke yourself or through other people's smoking (this is called passive smoking or secondhand smoke).
- Babies and children are particularly vulnerable to the effects of secondhand smoke.
- If you smoke when you're pregnant, you put your unborn baby's health at risk.

Suggestions you could make

- Contact the local Gloucestershire NHS Stop Smoking Service (0300 421 0040). They offer free 1:1 support or group sessions to help you quit; and access to nicotine replacement therapy (NRT).
- Use stop smoking medicines, like NRT. As well as patches, there are tiny tablets, lozenges, gum and a nasal spray.
- Avoid situations which you associate with smoking.
- Gain support from friends and family.
- Stay active: research shows that exercise can help cut cravings.

Signposting to local services and online support

- Contact **Gloucestershire NHS Stop Smoking Service** helpline: 0300 421 0040 for free advice on quitting smoking and to find local stop smoking services near you. They also have specialist advisers who can support pregnant women who want to quit smoking.

Facebook - [Stop Smoking Gloucestershire](#)

Website - www.stopsmokingglos.nhs.uk

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- Search online for **NHS Smokefree** for free advice and tools to help you quit or call 0300 123 1044.
- Contact the **NHS Pregnancy Smoking Helpline** on 0800 169 9 169.

Cutting down on alcohol

Key messages

- Aim to have at least two consecutive drink free days a week.
- Go for smaller sizes, and cut down the alcohol by swapping strong beers or wines for ones with a lower strength (ABV in %). You'll find this information on the bottle.

Other key messages to consider:

- There are lots of benefits to cutting back on alcohol. The most important one is the reduced risk to your health, but there are also more immediate benefits, like having more energy, feeling better in the mornings, and losing weight.
- Even a small reduction in the amount of alcohol you're drinking can make a difference to your overall health and wellbeing.
- Know your limits. Everyone has a difference tolerance level, so don't try and keep up with your friends.

Why is it important?

- You don't have to be getting drunk or binge drinking to put your health at risk. Regularly drinking more than the recommended daily limits for alcohol risks damaging your health.
- Drinking too much alcohol increases your risk of liver damage, heart disease, high blood pressure, and some cancers; and can also make you vulnerable to accidents and injury.
- Drinking too much alcohol can impact on your relationships with family and friends; and can cause sleep problems, depression, fatigue and weight gain.

NHS Guidance

There's no guaranteed safe level of drinking, but if you drink less than the recommended daily limits, the risks of harming your health are low.

The NHS recommends that:

- Men should not regularly drink more than 3 to 4 units a day- equivalent to a pint of strong lager, beer or cider).
- Women should not regularly drink more than 2 to 3 units a day- equivalent to a standard 175ml glass of wine.

Regularly means drinking this amount every day or most days of the week.

Pregnant women or women trying to conceive should not drink alcohol.

Young people are particularly vulnerable to alcohol related harm. Their bodies are still developing and their tolerance levels tend to be lower meaning they get drunk very quickly.

What does one unit look like?



Suggestions you could make:

- If it's in the house, you're more likely to drink it, so avoid stocking up.
- Tell friends and family you're cutting down, so they can support you.
- If you're going out, set yourself a budget and only take out a fixed amount of money to spend on alcohol.
- Try to eat when you drink as you'll drink less.
- Keep a drink diary; you may be surprised by how much you're actually drinking.
- Cut back a little each day. That way, every day you do is a success.

Signposting to local services and online support

If you are concerned about your drinking or that of a friend or family member, **Turning Point** provides a single point of access for drug and alcohol services in Gloucestershire. The service has seven hubs based county-wide which offer support ranging from low level advice to more intensive treatment programmes. Contact Turning Point in Gloucestershire on 0300 123 1512.

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Search online for **Change 4 Life** or **NHS Choices** for free information, advice and tools on cutting down on alcohol.