

Health Promotion/Preventing Illness



Overview

- Daily health promotion
- Implementing strategies
- Government policy
- QOF points
- Useful resources
- Liquid refreshment
- Overview of obesity (*includes the secret to weight loss*)
- Overview of smoking cessation

A spiral-bound notebook with a brown cover and a light beige page. The spiral binding is on the left side. The text is centered on the page.

What health promotion do we do
daily?

Health promotion topics

- Smoking
- Obesity
- Alcohol and drugs
- Accidents
- Sexual health
- Occupation
- Housing
- Cultural
- Immunisations
- Screening
- Travel advice



Consider...

- Tailor health advice to the individual
- Think about wider community
- Patients have to take responsibility for their actions
- Patients have to be motivated
- Have realistic goals
- Beware of lecturing
- Use your colleagues – stop smoking service, exercise referral etc

It's a hot topic!

Healthy weight, Healthy Lives (2008)

- Healthy child development
- Healthy food
- Physical activity
- Financial incentives
- Personalised advice/support



A graphic of a spiral-bound notebook with a brown cover and a light beige page. The spiral binding is on the left side. The title 'Useful resources' is centered at the top of the page.

Useful resources

- DOH website
- Change 4 Life
- 5 a day
- NHS choices

Points mean prizes!

- QOF stuff

Obesity

Recommended calorie intake

- Male 2500
- Female 2000

Recommended rate of weight loss

- 500g/1pound per week = 12-25kg annually

The secret!!




How to lose weight

- Reduce energy in/Increase energy out
- To lose 900 g/2 lb per week– reduce intake by 500 calories
- Check portion size

Typical calories

- oven chips 300
- Apple 50
- Lettuce 15
- Dairy Milk bar 255
- Coke 140

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- A graphic of a spiral-bound notebook with a brown cover and a white page. The spiral binding is on the left side. The page contains a list of five bullet points.
- 30 min brisk walk= 100 calories
 - Don't crash diet
 - Food diary
 - Activities in groups – better motivation
 - Weigh no more than weekly

BMI vs. waist circumference

- BMI inaccurate in muscular build so use waist if BMI 25-35

Risk increased if

- Waist >40inch in men
- Waist >35 inch in women
- Measure from midpoint between lowest ribs and top of iliac crest.



Drugs

- Consider if BMI 30+ or 27+ with co-morbidities
- Consider after 3 months of failed supervised reduction in weight loss
- As good as each other at achieving weight loss
- Stop if not had 5% loss in 3m, can continue up to 12 months provided continued loss

Which one?

Orlistat

- Choose in those with high fat intake
- Fatty floaters help to avoid fatty foods!
- Consider fat soluble vit supplements
- Reduces OCP

Sibutramine

- Over-eaters
- Max use 1yr
- Monitor BP

Stopping smoking

- Best evidence is from referring to the stop smoking service
- 20 a day = heavily dependant

Options

- NRT – only one that can be used in pregnancy
- Zyban
- Champix

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- A graphic of a spiral-bound notebook with a brown cover and a white page. The spiral binding is on the left side. The page contains two bullet points.
- If attempt not successful, NHS shouldn't fund another attempt for 6 months
 - Clear guidance in BNF

Practical advice

- Make list of why stopping
- Pleasure from relief of withdrawal symptoms
- Easier after 3-4 days
- Get support
- Stop date
- Remove kit
- Replace with chewing gum



A graphic of a spiral-bound notebook with a brown cover and a light beige page. The spiral binding is on the left side. The page contains text about two medications: Zyban and Champix.

Zyban

- Treat for 9 weeks
- Increases risk of seizure
- Must be 18
- = in success to NRT

Champix

- Suicidal behaviour
- Caution in depression
- 12 week treatment