

SECTION 7: Lifestyle Management

All individuals regardless of vascular risk should be given initial appropriate lifestyle advice at the time of the NHS Health Check. This advice should be supported with written information according to the individual's needs, to help reduce or manage risk factors for cardiovascular disease.

People with high risk of vascular disease and modifiable risk factors, may benefit from more intensive lifestyle intervention and should be considered for a referral into specialist support. A brief summary of some resources available in Bromley are shown below and can be found on the Bromley MyLife website:

<https://bromley.mylifeportal.co.uk/healthyandwell/> or click here: [Bromley MyLife Portal](#)

Information on Healthy Lifestyles advice and services may include:

- Alcohol Intake (Substance Misuse Services)
- Diabetes Prevention
- Healthy eating
- Improving Access to Physiological Therapies (IAPT)
- Physical Activity
- Stop smoking services
- Weight management

Staff should consider, advise and where appropriate, arrange for the individual to have follow up support or referral to relevant lifestyle interventions.

When considering the most appropriate option, the following factors should also be taken into account:

- Is the patient ready to make a lifestyle change?
- Can they commit the time required if joining a particular programme?
- Are the activities/formats/venues suitable for them?
- Do they need support in accessing the courses? (volunteer befriending services available)

7.1 Motivational interviewing

This is an excellent way to identify how much your patient already knows about any lifestyle issues you have identified and if they know how to improve that lifestyle issue. Try not to provide lots of information if the person already has it to hand or are already making changes.

Click on the following link for E-Learning for Healthcare short video on Willingness to Change:

▼ Willingness to Change

[Willingness to Change - link](#)

Outlines the issues in identifying the willingness to make behavioural change in response to health risks.



7.2 Stopping Smoking

From April 2017, the Bromley Stop Smoking Service was decommissioned and no longer provides GP Practices with stop smoking service support. GP practice staff are advised to continue offering one to one support to patients who express an interest in stopping smoking, where possible.

From 1 May 2017 patients can call the Stop Smoking London advice line on 0300 123 1044 or visit; <https://london.stopsmokingportal.com/stop-smoking/telephone-advisor>

GPs can still prescribe nicotine replacement therapy (NRT) and patients can receive the associated psychological support from the Stop Smoking London Service.

You can look online where all the help available is listed in one place. <https://bromley.mylifeportal.co.uk/smoking>. Patients can;

- Call the Stop Smoking London advice line on 0300 123 1044 or visit; <https://london.stopsmokingportal.com/stop-smoking/telephone-advisor>
- Visit a GP in Bromley (25 out of the 45 practices are continuing to deliver stop smoking services)
- Pharmacy in Bromley are no longer providing stop smoking consultations
- The national stop smoking advice line is due to commence shortly (Approximately August 2017). This is a national telephone service to provide stop smoking support and guidance direct to the patient.
- Bromley Smoking Cessation Champions have been trained to provide training, support and advice as well as the calibration of smokerlyzers, to smoking cessation advisors.

Patients can access online support at;

- Google: Public Health England One You (<https://www.nhs.uk/oneyou/smoking#kkdYrgE8aUXI6xOu.97>)
- Google: NHS Choices: Stop smoking
- <http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx>

- Google: SmokeFreeLife
- <https://www.smokefreelife.co.uk/>

Training and updates for smoking cessation advisors

Training and updates can be accessed on line via the National Centre For Smoking Cessation and Training, please click on the following link:

[Stop Smoking Advisor Training](#)

Some training and updates will also be provided by The Public Health Vascular Disease Prevention Team.

For a short video outlining the issues in encouraging smoking cessation, click on the following link:

[Smoking Cessation – link](#)

▼ Smoking

Outlines the issues in encouraging smoking cessation.

Play



7.3 Bromley Weight Management Programmes

It is imperative for clinicians to talk to their patients about weight and the consequences of being overweight or obese. Evidence shows that patients appreciate being asked about their weight (a common myth is that patients don't want to speak about and address weight concerns) and that brief advice is a highly effective form to support patients in weight reduction.

Weight Watchers provide the Tier 2 Weight Management Service for Bromley, a 12 week programme of free healthy lifestyle and diet advice. Referrals are made using the Public Health weight management EMIS referral form, see Appendix 13.

Weight Watchers have been commissioned by Public Health Bromley to provide weight management services to patients registered with a Bromley GP with a BMI \geq 35 or 33 with co-morbidities. Patients will be able to attend Weight Watchers for 12 weeks. Following that, if they wish to continue, they will need to self-fund.

Exclusion criteria apply:

- Pregnant
- Housebound
- 17yrs old or less
- Vulnerable patients without a carer

- Patients with eating disorders
- Patients who are not motivated to make changes at this time
- Patients who have previously received a commercial weight management referral

The NHS has developed a [free 12 week weight loss plan](#) with tips, advice and guidance on successful weight loss. It contains information on portion sizes, calorie intake and a food diary to track what you eat as well as advice on healthier eating and physical activity.

For information about the variety of diets available - see [NHS choices](#) for the Top diets review.

For some patients weight loss surgery should be considered (BMI > 40);

<http://www.nhs.uk/conditions/weight-loss-surgery/Pages/Introduction.aspx>

Medical reasons for why you may gain weight

Sometimes it just isn't our fault as to why the pounds keep adding up. Determining if you have a medical reason for your weight gain should always be checked with your doctor first.

You can find a summary of the other possible medical reasons below:

Underactive thyroid - an underactive thyroid (hypothyroidism) means that your thyroid gland is not producing enough thyroid hormones, which play a central role in regulating your metabolism.

Diabetes treatment - weight gain is a common side effect for people who take insulin to manage their diabetes.

Ageing - people begin to lose modest amounts of muscle as they get older, largely because they become less active.

Stress and low mood - people respond differently to stress, anxiety and depressed mood. Some people may lose weight, while others may gain weight.

Tiredness - some studies have shown that people who sleep less than seven hours a day may be more likely to be overweight than those who get nine hours of sleep or more.

Polycystic ovary syndrome (PCOS) - PCOS is a common condition that affects how a woman's ovaries work. Symptoms can include irregular periods, trouble getting pregnant, excess hair and weight gain.

You can find more information on [NHS Choices](#).

For more information on the issues in changing dieting behaviour see the E-learning for Healthcare link below:

Nutrition

▼ Nutrition

Outlines the issues in changing dieting behaviour.

Play



7.4 Diabetes Prevention

Walking Away from Diabetes

Walking Away from Diabetes is an evidence-based program for individuals who are at risk of developing Type 2 Diabetes (i.e. they have impaired glucose tolerance or pre-diabetes now called non-diabetic hyperglycemia). It is a free, one-off, self-management course which lasts for 3.5 hours and offers participants the opportunity to explore their personal risk and to identify the changes they need to make to remain healthy. The program focuses on increasing physical activity and reducing saturated fat in the diet.

The course is group-based and runs with up to a maximum of 14 people who can be accompanied by a partner, family member or friend. Courses are run at a variety of locations across the borough during the week, evenings and on Saturdays, to meet the needs of the community.

The programme covers information about diabetes and blood glucose, including what factors contribute to being at risk and how being at risk can affect long term health. Reducing the risk of developing diabetes through physical activity and healthy eating is discussed, as well as exploring the thoughts and feelings of the participants and planning for the future.

Referrals to Walking Away from Diabetes

Patients who meet the criteria will need to be referred by the GP, Practice Nurse or other healthcare professional.

HbA1c between 42-47 mmol/mol (6.0 – 6.4%) and / or
Fasting Plasma Glucose between 5.5 - 6.9 mmol/L

Following discussion patients can be referred on to the Walking Away from Diabetes programme via the Single Point of Entry (SPE) process. Patients who are referred are contacted by telephone by Bromley Healthcare staff to book on to a course. Once accepted onto the programme, patients are sent information as well as a pedometer to start monitoring their level of physical activity.

Patients should have their clinical record coded as being at high risk of diabetes using the preferred READ code 'Non-diabetic Hyperglycaemia - C317

National Diabetes Prevention Programme (NDPP)

Healthier You: the NHS Diabetes Prevention Programme is a free intensive lifestyle course, comprising 18 education sessions over 9 months aimed at reducing the patient's risk of developing type 2 diabetes.

Participants receive support to change their lifestyle in a friendly and supportive group environment, facilitated by specialist staff trained in behaviour change and diabetes prevention and recruited from the local community.

The programme is for anyone aged 18+years with the following:

- HbA1c between 42-47 mmol/mol (6-6.4%) in last 9 months or
- FPG \geq 5.5-6.9 mmol/L in last 9 months

Reed Momenta is delivering the programme to people in Bromley who are at a risk of developing Type 2 diabetes. Referrals made via the National Diabetes Prevention Programme EMIS or Vision referral form.

Patients should have their clinical record coded as being at high risk of diabetes using the preferred READ code 'Non-diabetic Hyperglycaemia - C317

Patients that complete this course are then offered a free 12 weeks of slimming world or exercise referral at Mytime Leisure Centre.

7.5 Bromley Exercise Programmes

All inactive patients with any of the following criteria should be referred via the EMIS Exercise referral form to Mytime Active Exercise Referral Hub to be triaged into appropriate services:

Arthritis

BMI \geq 30 (S.Asian, Chinese or Black Caribbean/African \geq 28)

Cancer

COPD

CVA/TIA

Diabetes Type 1

Diabetes Type 2

Hypertension

Mental Health Disorder

Multiple Sclerosis

Osteoporosis

Atrial Fibrillation

Parkinson's Disease

Pre-Diabetes

\geq 10% CVD risk

For patients who have had a heart attack, stroke or at high risk of doing so, they can access the Mytime Leisure Centre Heartsmart referral programme. A one year intensive cardiac rehabilitation programme.

MyTime will explain the variety of activities within their leisure centres and across Bromley's voluntary and community sector to each patient and enrol them onto an appropriate programme. Programmes available through the MyTime Active Exercise Referral Hub include:

Freshstart - an exercise referral programme run by Mytime Active.

The programme consists of supervised gym based exercises designed to meet the individual needs. Assessments take place on week one and week twelve. These include ascertaining the client's medical condition, blood pressure, resting heart rate, BMI, height, weight, body fat, waist circumference, seven day physical activity levels and functional limitation profile. Weight, body fat and waist circumference are monitored each week. Clients pay a concessionary rate for the whole course on the second week of the programme.

Health Walks and Cycling on Prescription

The Mytime Active Exercise Referral Hub can also signpost patients to Health Walks and Cycling on Prescription for patients who prefer to undertake these activities.

Health Walks

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. **Health Walks in Bromley** provide weekly Health Walks situated at various locations across the borough and usually start from a central point such as community centres, clinics or GP surgeries. Walks are led by qualified volunteer walk leaders and are suitable for all ages and abilities. Walks take place every week except Bank Holidays or in cases of severe and dangerous weather. No need to book-just turn up at the meeting point.

<https://www.walkingforhealth.org.uk/walkfinder/bromley-walk-for-life>

Cycling on Prescription

Bromley Local Authority Road Safety Education team provides levels 1,2, & 3 Bike-ability training to help equip those living & working in Bromley with the skills & confidence they need to cycle safely. Bike training & led group rides. For further information click on the link below:

http://www.bromley.gov.uk/info/547/road_safety-cycle_training

All Walking and Cycling activities are free.

60+ older adult programme

Primetime 60+ older adults programme, gym, swimming, golf. A variety of exercise classes and sports activities to suit the older adults needs. Patients are given a timetable to choose the best activity at a suitable time and day to suit.

Outdoor Gyms

There are Outdoor Gyms in Betts Park and Annerley. Instructions on how to use the equipment is at each exercise station. They are free to use and open 24/7 all equipment uses the persons' body weight as resistance thus rendering it safe to use. All exercise is self-directed.

http://www.bromley.gov.uk/info/200073/parks_and_open_spaces/788/outdoor_gyms

Green Gyms (Gardening)

These are gardening conservation projects located in three projects currently running in Bromley.

<http://www.tcv.org.uk/london/green-gym-london/bromley-green-gym>

Click the 'Physical Activity' link below to see the E-learning for healthcare short video on the issues in encouraging more physical activity:

[Physical Activity link](#)

▼ Physical Activity

Outlines the issues in encouraging more physical activity.



How much exercise should I do?

The current national recommended guidelines for physical activity are:

- Early years:** 180 minutes or 3 hours per day spread throughout the day
- School aged children:** 60 minutes spread throughout per day
- Adults:** 150 minutes of moderate activity per week in bouts of 10 minutes or more

Here is a set of physical activity guidelines with suggestions for activities that different age groups may enjoy:

<https://www.gov.uk/government/publications/start-active-stay-active-infographics-on-physical-activity>

Under 5s

5 to 18 year olds

18 to 64 year olds

65 and over

Patients and healthcare professionals will find this video very informative.

[Physical Activity 23.5 hours](#)

Mental Health and Disabilities

Bromley Mencap offers a range of activities including the Outdoors Activity Club and Keep Fit classes for adults.

<http://www.bromleymencap.org.uk/social-leisure/>

7.6 Alcohol

The Chief Medical Officer recommends for lower-risk drinking that men and women should not drink on a regular basis more than two to three units per day and no more than 14 units per week. Regular drinking means most days or every day of the week.

The Health Check uses the Audit C alcohol assessment tool to provide information to clients on understanding alcohol units, understanding alcohol consumption risk levels and the benefits of cutting down, including how this can be achieved.

Further information on alcohol and Audit C can be found on the PHE Alcohol Learning Resources:

[PHE Alcohol Learning Resources](#)

Click the 'Alcohol link below to see the E-learning for healthcare short video on the issues in changing alcohol drinking patterns:

Alcohol link

Alcohol

Outlines the issues in changing alcohol drinking patterns.

Play



The Bromley Drug and Alcohol Service (BDAS) provide an integrated treatment system for adults who have a problem with drug and alcohol use. The service works with people at all points of their treatment journey. The service also provides support services for family and carers affected by the clients drug and alcohol use. The open access service offers assessments 7 days a week.

For more information see: [Bromley Drug and Alcohol services](#)

For access to Alcoholics Anonymous please visit

<http://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting>

7.7 Improving Access to Psychological Therapies (IAPT)

Adults (18+) registered with a Bromley GP with a primary problem of depression or anxiety. Evidence based psychological therapies for depression and anxiety

disorders, including guided self-help, psycho-educational groups, cognitive behaviour therapy (individual, groups and online) and counselling.

[Talk Together Bromley](#)

7.8 Computerised Behavioural Change Support Tools

Change4life Alcohol calculator

This is a downloadable tool for patients to put on their mobile phone or computer. It is easy to navigate and gives simple advice and sign-posts to help if needed.

Heart Age

This is a simple to use calculator that anyone can access. It will ask simple questions about height, weight etc. will ask for any known measurements (BP Cholesterol, HDL) and will calculate if your heart age is older or younger than your actual age (thereby letting you know how well you are caring for it). If your Heart age is older it provides simple advice and support to implement lifestyle changes. The programme can be re-visited when BP, weight, Cholesterol etc. is reduced to see the impact on heart health.

To find out more click below:

[Heart Age](#)

NHS Choices

The NHS Choices website has a page dedicated to explaining the results from and NHS Health Check with tips on how to make lifestyle changes to reduce the risk of CVD. To access this go to NHS Choices and enter '**Your NHS Health Check Results**' into the search box.

Online resources and tools

- My fitness PAL (mobile app) – food and activity online diary
- MAP my walk /cycle (mobile app) – fitness tracker
- Couch to 5k – programme for patients increasing activity, walking to running
<http://www.nhs.uk/Livewell/c25k/Pages/couch-to-5k.aspx>
- Video 23.5 hours / Healthy eating (You Tube - Dr Mike Evans)
<https://www.youtube.com/watch?v=fqhYBTg73fw>
<https://www.youtube.com/watch?v=aUalnS6HIGo>
- Fit Bit – wearable fitness tracker devices
- Sign post to websites –
- Top diets in 2015 NHS Choices
<http://www.nhs.uk/Livewell/loseweight/Pages/top-10-most-popular-diets-review.aspx>

- Get Active London <http://www.getactivelondon.com/>

A summary table of lifestyle Interventions can be found in Appendix 14

Contact numbers and web-sites

All web-site addresses and telephone numbers are located in Appendix 11