

Bringing service to life

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# An introduction to the 'Healthy Life Programme'

Neighbourhood



19<sup>th</sup> November 2014

# The Health & Wellbeing Pilot Programme

- Funded by Sport England
- Target Group – Inactive People Age 18+
- Aim – to engage 1000 inactive people (non centre users) and put them on a pathway towards achieving the Chief Medical Officers guidelines for Physical Activity by focusing on getting them from the point of doing nothing to doing something (1 x 30 mins per week), then building on that to increase their activity levels

# The Health & Wellbeing Pilot Programme

- 6 months access to gym, swim and classes @ £10 per month
- Support from a Health & Wellbeing Coach for first 3 months
- Health & Wellbeing Assessment (Health Manager) and Activity Assessment (International Physical Activity Questionnaire) at start on programme, repeated at 3 months
- An opportunity to take up another discounted offer (step up membership) on completion of 6 months for another 6 months @ £20 per month

HELPING YOU REACH YOUR GOALS

## A new scheme to help you become more active

Join before 31st July 2013 and receive a FREE water bottle and locker token.



Our Health & Wellbeing Programme has been set up to help more people across Market Harborough get more active through a range of activities and sports.

Our 6 month Health & Wellbeing programme will:

- introduce you to Harborough Leisure Centre and the wide range of activities available;
- provide you with a personal Health & Wellbeing Coach in the first 3 months;
- help you to gain an understanding of Health & Wellbeing through an online wellbeing check and how it can be improved through physical activity;
- match you with activities for at least 30 minutes a week that fit in with your lifestyle.



**Neighbourhood Life**  
Health & Wellbeing

We have 200 places available between 1st July and 31st July. To find out more about the programme and how to access it, please contact one of our Health & Wellbeing Coaches directly on 07718 114 549 or [HM@harborough.gov.uk](mailto:HM@harborough.gov.uk)

Harborough District Leisure Trust 

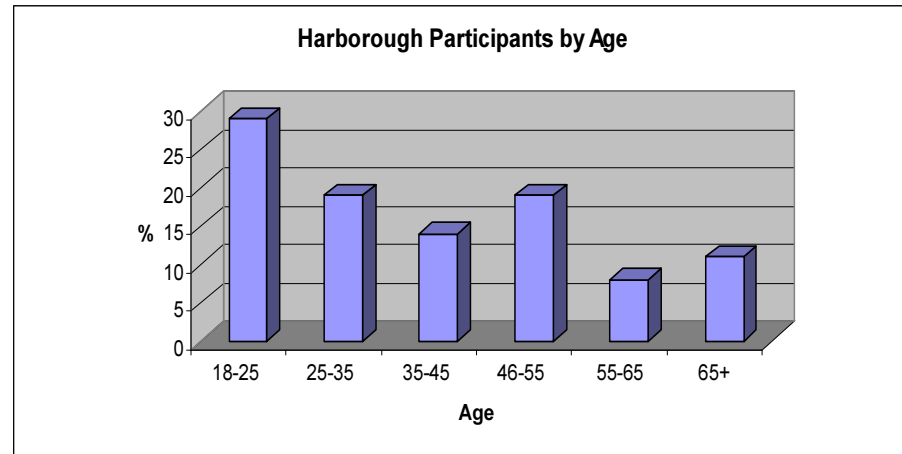


# Pilot Results – PA Baseline at Week 1 & Week 12 (IPAQ)

	Harborough Leisure			Wythenshawe	
	Bolton One Centre	Centre	Sovereign Centre	Forum	Total
Number of initial IPAQs completed	251	251	250	251	1003
Number of 12 week IPAQs completed (Sample Size)	104	135	187	104	530
Average IPAQ Week 1 Score (METS)	153	195	128	198	168
Average IPAQ Week 12 Score (METS)	1454	1836	1295	1819	1601
Average change in Total Physical Activity for 12 week completers (METS)	1350	1701	1108	1715	1469
Week 12 IPAQ Low	35%	19%	34%	13%	25%
Week 12 IPAQ Moderate	59%	53%	37%	71%	55%
Week 12 IPAQ High	6%	26%	24%	16%	18%

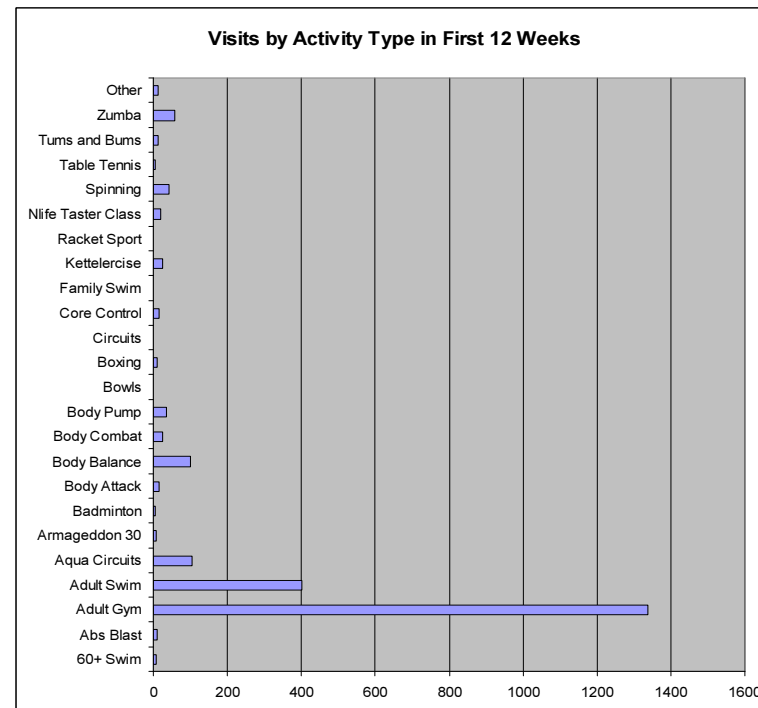
# Pilot Results - Case Study: Market Harborough

- 251 participants
- 73% female / 27% male
- 95% White
- 3% Asian
- 2% Other
- 26% report a chronic health condition  
(High Cholesterol, Blood Pressure)



## Pilot Results – Physical Activity (Legend)

- 3815 visits made to Harborough Leisure Centre by participants over 6 months
- Popular activities – Gym (59%), swimming (20%), dry side classes, (16%), wet side classes (5%)
- At 12 weeks 160 people were still actively participating (had done 1 x 30 mins in last 28 days)
- At 24 weeks 159 people were still actively participating
- 96 participants (38% of starters) signed up for step up membership for another 6 months
- Over 40 participants signed up for mainstream membership after 12 months



# Pilot Results - Health & Wellbeing Assessment

Risk Area	Week 1	Week 12
Number of participants assessed both pre & post intervention	131	131
<b>Average health &amp; wellbeing score</b>	<b>64%</b>	<b>76%</b>
Overweight (BMI <25)	76%	74%
Obese	47%	41%
Waist circumference (high risk range)	82%	81%
Report good health	80%	91%
Eat 5 a day	57.6%	58.3%
Poor mental wellbeing (potentially depressed)	59.7%	29.1%
High stress outside work	26%	13%
High stress at Work	36%	25%
Good sleep quality	20%	49%
Smokers	10%	8%

summary | lifestyle | medical | work | your health risk

Remember that your report is here to help you create an action plan. You can take action in three simple steps:

1. Review all of your report using the navigation at the top of the page.
2. Think about which priority points in the red and orange bar on the page are important to you and that you feel ready to change.
3. Plan your first step at the bottom of the page. We will help you in the coming weeks to achieve your goal!

**your health and wellbeing score**

70

Your health and wellbeing score is in the medium-high range.

What does this score mean?

**congratulations**

- Your stress level at HOME is low
- You are on the safe limit for alcohol
- Alcohol in moderation (1-2 units a day) may be enjoyed as part of a healthy lifestyle.
- Your work is highly satisfying

**priority points for action**

- Lowering your BMI and waist measurement
- Reconsidering your smoking habit
- Exploring healthy ways to cope with stress rather than smoking



# Participant Feedback

*"Before joining the scheme I had not used leisure facilities for many years partly due to health problems and lack of self confidence. Since joining, I **have been using the gym regularly which has had a hugely positive effect on the progress of my rehab from surgery – I am not almost able to walk without my crutch after 3 long years.** I used to think the gym was only for really fit people but I have come to realise the gym is for anyone. I am very grateful for all the help and encouragement and I plan to continue to improve my fitness, mobility and achieve my goals"*

*"Before I came here I was 21stone 7lbs, my cholesterol was 7.5. Decided I needed to do something as I have 2 wonderful grandchildren who I want to see grow up. I went on a strict diet and heard about the scheme. I now weigh 17 stone 9 lbs – loss of 54lbs! I love coming here, it's hard work but I have benefitted so much. I am much more positive about the future, healthier than I have ever been since being in the Army. I sleep better, my cholesterol is down to 4.2 and blood pressure is back to normal. Love life. This scheme has been the making of me... **Do this scheme again, people need it!**"*

*"I have had an **annual diabetes check** and Nurse Specialist has **taken me off one of my tablets** I needed previously to keep my diabetes under control. My GP also commented that I look better and encouraged me to continue. I have been supported very positively."*

*" 1. It's introduced me to aqua-aerobics, circuits and general swimming which I enjoy and will continue. **I would never have tried them without this scheme***

*2. The **accountability** of the scheme made me think about exercising everyday...making the need to exercise a natural part of my life which it wasn't before*

*3. The scheme has made me more aware of my diet and has motivated me to improve it. **I have not lost weight but I have changed shape...I have more energy***

*4. My stamina has increased, **I could only swim 4 lengths, now I can do 30!***



## Case Study – Sarah Crisp, Age 29



Name: Sarah Crisp

Age: 29

Inactive due to long term knee issues

*“Because I was still using two crutches to get around I was really apprehensive about joining a gym. I felt a bit embarrassed about my lack of ability and was worried what people would think of me. Following on from my 3 month review on the scheme my overall health and wellbeing score had markedly improved and I feel much more confident in myself. I have gone from doing no exercise at all to attending the gym 2 - 3 times per week and would never have done this without the support of the scheme. “*

Questions?