health MATTERS

innovative health promotion

an overview

- voluntary group of clinicians
- **free** community health events
- issues of health that matter
- **complimentary** to general practice
- informal, informative, interactive and interesting

© health matters 2009

part (i): our health

- series of short interactive **talks** on common disease patterns
- diabetes, heart disease, high blood pressure, cancer, arthritis, child health
- ‘what, who, how, why, what next?’ approach
- panel **Q & As**

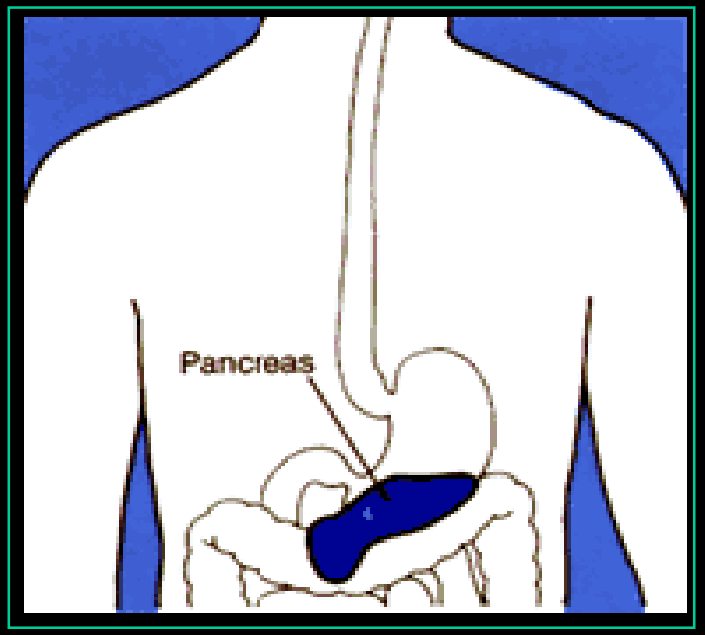
© health matters 2009

sample slides

© health matters
2009

what is it?

- **insulin** is a protein
- **controls glucose (sugar)**: blood level, use and storage
- helps glucose enter body cells
- not enough insulin +/- resistance → **diabetes**



© health matters 2009

myth or fact?

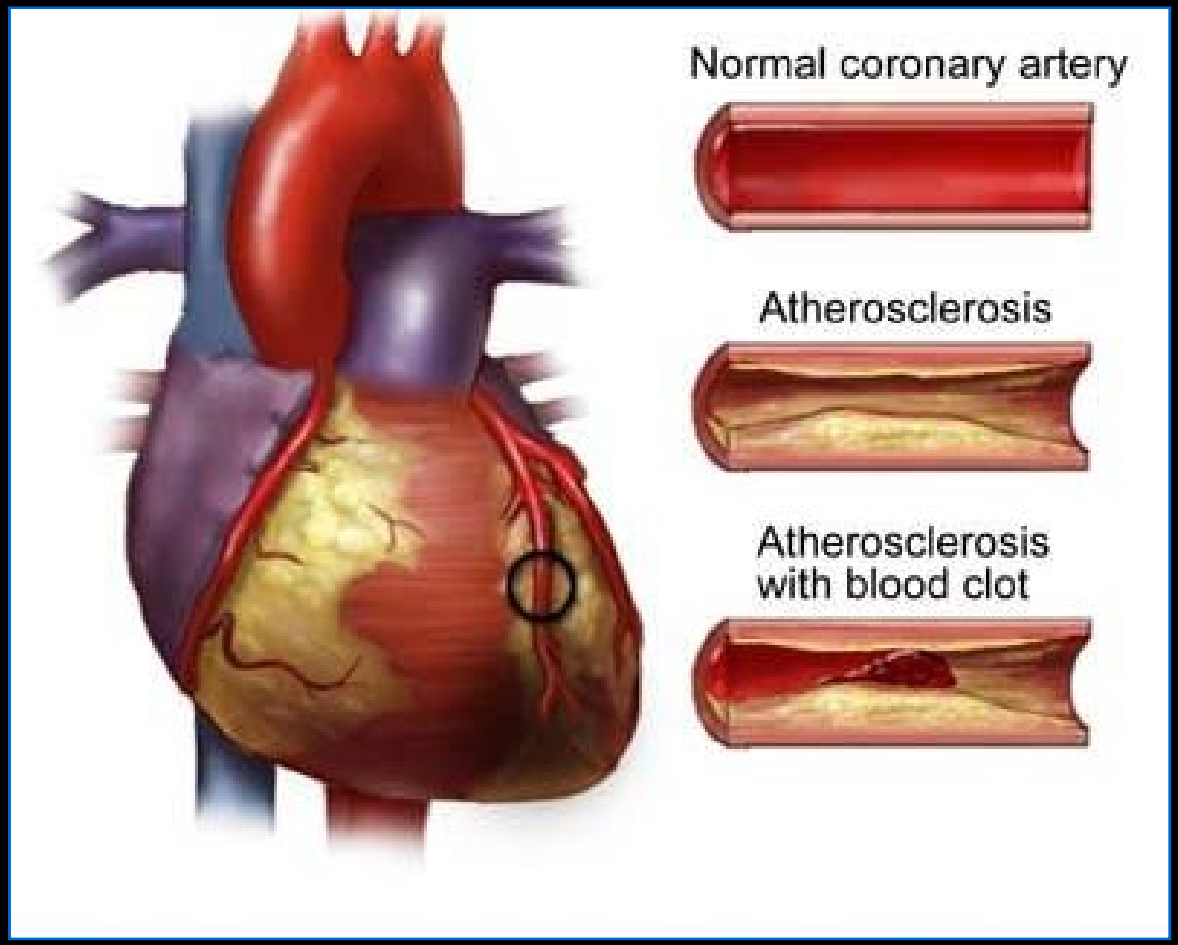
"*eating too much sugar causes diabetes*"

No…Myth!

- genetic, environment, lifestyle factors
- insufficient insulin – not too much sugar!
- **but**…obesity (maybe through eating too much sugar!) is an associated factor

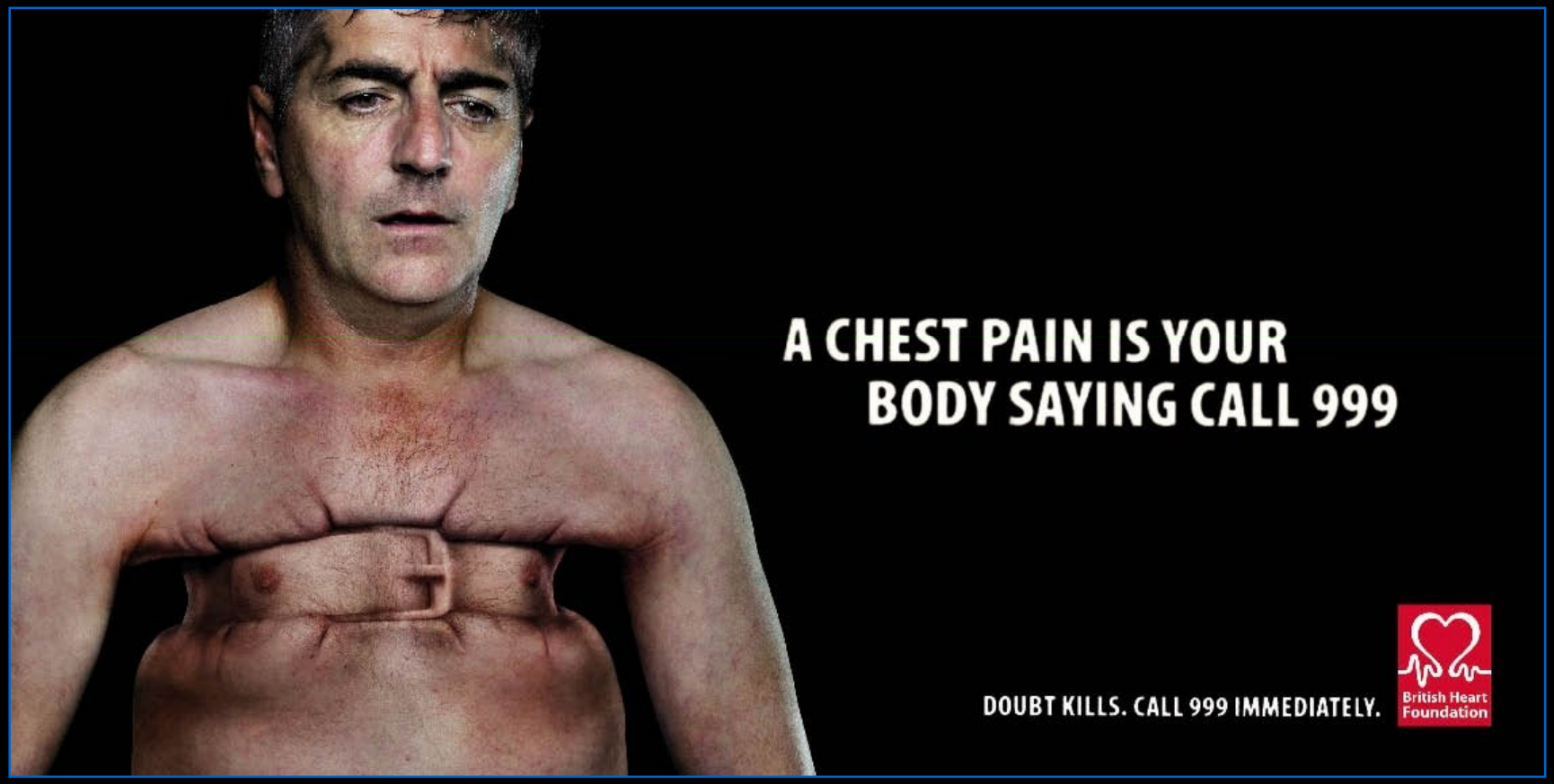
© health matters 2009

what is it?



© health matters
2009

how do I know if I have it?



© health matters 2009

high blood pressure (i)

- blood pressure is **pressure of blood in arteries** (blood vessels)
- measured in mmHg

systolic pressure
(working heart)

diastolic pressure
(resting heart)

© health matters 2009

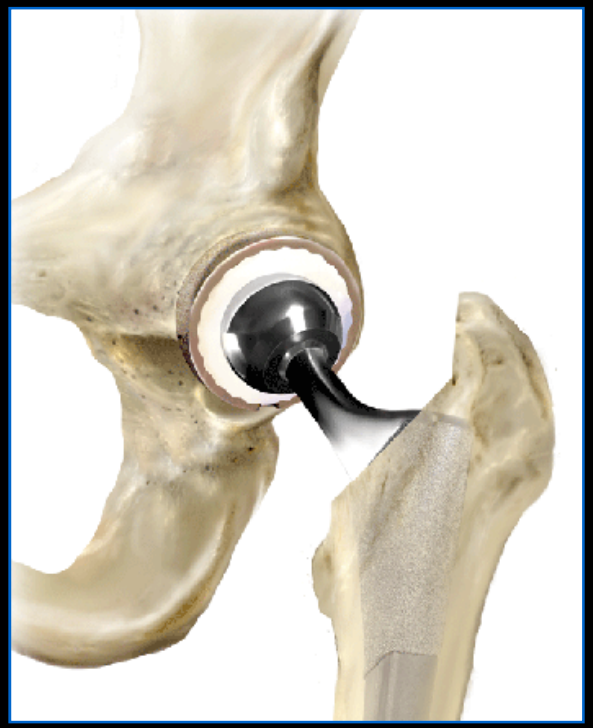
what happens next?

- **varying treatment options**
- different health professionals (**multi-disciplinary team**)
- **Surgery**
- **Chemotherapy**
- **Radiotherapy**
- Other treatments

© health matters 2009

what happens next?

- no cure for osteoarthritis
- lifestyle changes: **weight reduction**, **activity** and **exercise**
- medication: **tablets and creams**; usage of glucosamine, chondroitin
- severe osteoarthritis: steroid injections, joint replacement



© health matters 2009

q & a

© health matters
2009

part (ii): your health

- distinct **consultation areas**
- **free health MOTs**
- no constraints, participants can discuss anything
- **feedback** assimilated

© health matters 2009

health MOT

health MOT

health MATTERS

Date: / /

Name:			
Age:		Gender:	Male ❒ Female ❒

History of heart disease/FH:	Yes No	❒ ❒	Blood pressure	Today: Reported:
History of TIA/stroke:	Yes No	❒ ❒	Cholesterol:	
History of diabetes:	Yes No	❒ ❒	Glucose:	
Smoking in past year:	Yes No	❒ ❒	Body Mass Index	Height: Weight: BMI:
Current medication:				

Plan:

1. Reassurance ❒
2. Weight reduction advice ❒
3. Exercise advice ❒
4. Dietary advice ❒
5. Smoking cessation advice ❒
6. Advised to visit GP for review ❒
7. Other:

© health matters 2009

progress...

- 5 health events so far since 2008
- 95% rated talks “very useful”, “easy to understand”
- interactivity, friendly environment appreciated
- health MOT highly desirable
- Nottingham Health & Education Support invited for three seminars in 2009 and planning at least three/year

© health matters 2009

the future...

- continually improve content and format of health events
- aim to involve allied healthcare professionals
- maintain ease of access for community
- replicate across London and beyond

© health matters 2009

feedback and questions…

© health matters
2009