



Public Health
England

Protecting and improving the nation's health

Physical activity for prevention and management of health conditions and practitioner resources

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CVD Health Check Conference, Kia Oval
6th February 2020

Health benefits of physical activity

Physically active people have lower health risks

Cognitive decline

↓40%

Type 2 diabetes

↓35%

Hypertension

↓33%

Depression

↓48%



All-cause mortality

↓30%

Bone fractures

↓66%

Breast cancer

↓20%

Coronary heart disease and stroke

↓25%

Colorectal cancer

↓19%

Physical activity to prevent & manage CVD

NICE National Institute for Health and Care Excellence

NICE
guideline

Hypertension in adults:
diagnosis and management

NICE guideline
Published: 28 August 2019
www.nice.org.uk/guidance/ng136

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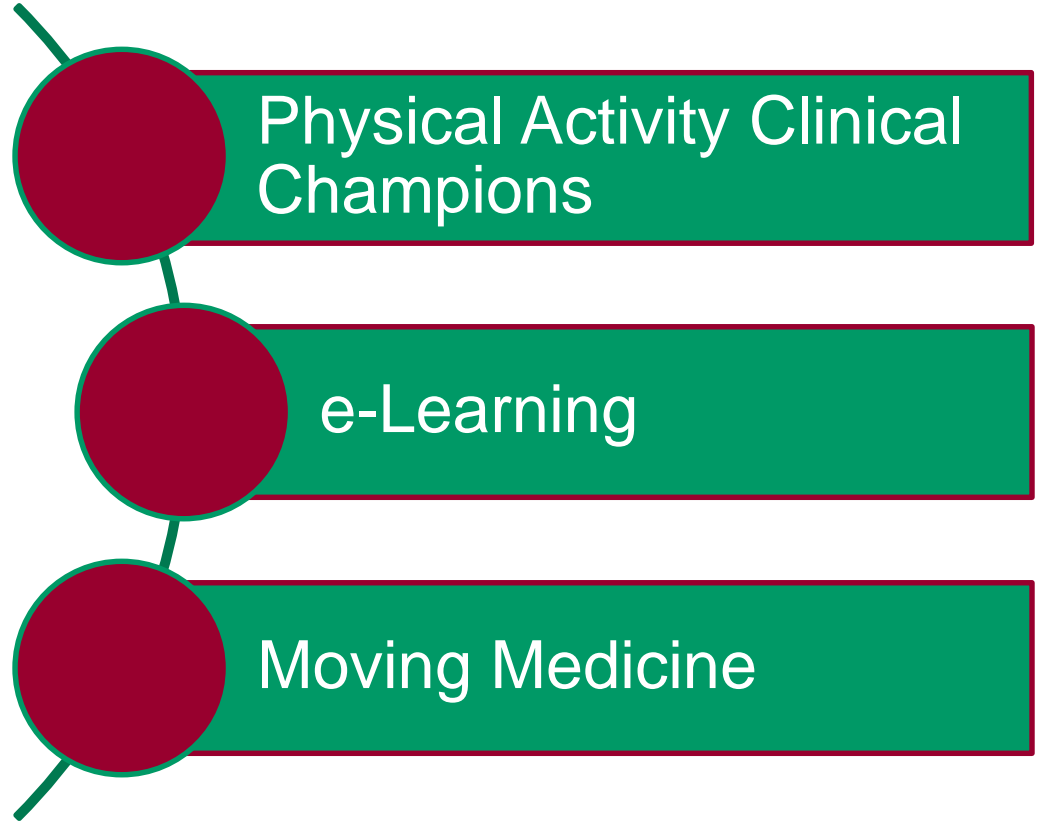
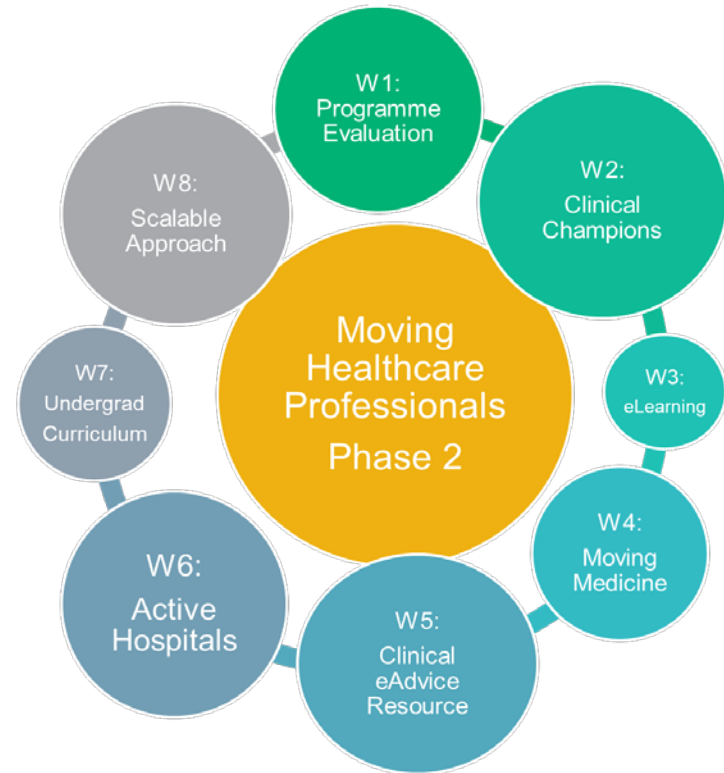
1.4.1 Offer lifestyle advice to people with suspected or diagnosed hypertension, and continue to offer it periodically. **[2004]**

1.4.2 Ask about people's diet and exercise patterns because a healthy diet and regular exercise can reduce blood pressure. Offer appropriate guidance and written or audio-visual materials to promote lifestyle changes. **[2004]**

Need to support healthcare professionals



Moving Healthcare Professionals Phase 2



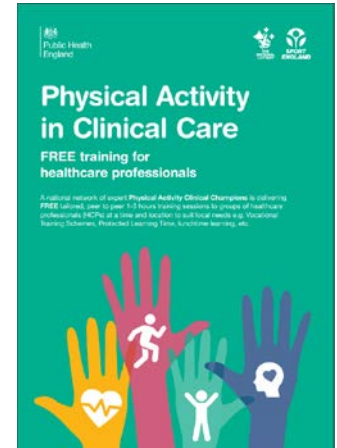
Physical Activity Clinical Champions

Free peer-to-peer training by a **national network of 47 expert HCPs** (Medics, Nurses / Midwives, AHPs) to increase knowledge, skills and confidence to incorporate physical activity within clinical care.

Over **22,000 HCPs trained** with an independent evaluation demonstrating improvements in participant knowledge confidence and frequency of patient physical activity conversations.

Training can be provided for **groups of 12** or more healthcare professionals, sessions last for one or more hours

**To be in put touch with your local champion
email physicalactivity@phe.gov.uk**



eLearning

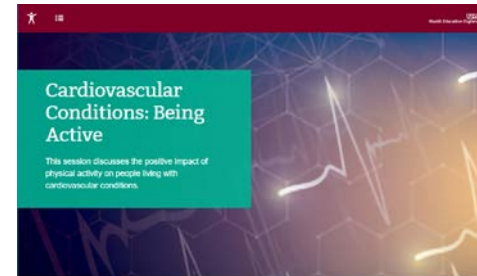
E-learning for Healthcare- Physical Activity for Health

8 'Bite-sized' modules offering 5 mins quick look or full version (30 mins)

- The modules cover the current **UK Chief Medical Officers' guidelines** for physical activity.
- **Health benefits physical activity** for specific conditions (CVD, type 2 diabetes, COPD and asthma, cancer)
- Motivational interviewing 'how to' video.

For NHS staff accessing through ESR completed modules will transfer with you through your NHS career.

To access e-learning search:
Physical Activity for Health e-Learning for Healthcare



Moving Medicine

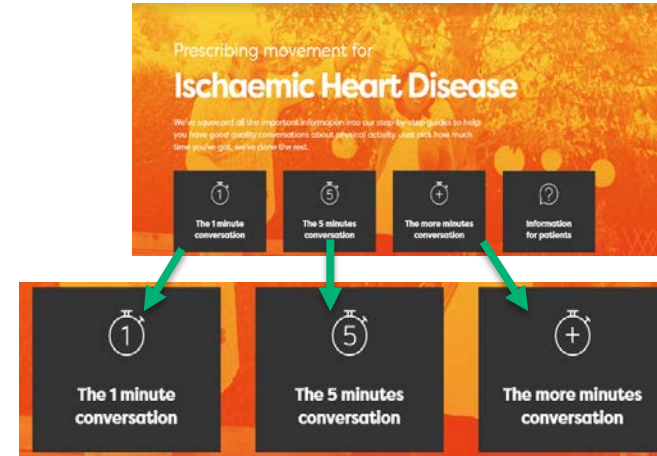


Faculty of Sport & Exercise Medicine-led development of tool covering nine conditions with **evidence based scripts and resources** for conversations

Co-produced with over 300 healthcare professionals, endorsed by Medical Royal Colleges and health charities and launched by SoS in 2018

Around **3,000 users** each month of beta version.

To access the resources:
movingmedicine.ac.uk



THANK **you**

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