

CREATE

HOW TO USE THE COMMUNITY CHAMPION'S SUPPORT POSTER IN HEALTH TALKS



HOW TO USE THE COMMUNITY CHAMPION'S SUPPORT POSTER IN HEALTH TALKS:

USING THE WHEEL OF SUPPORT IN CONVERSATION ON HEALTHY LIFESTYLE



Show the poster to the person. Allow them time to think which of the health topic pictures they would like to talk to you about.

Ask something like...

- ❑ “Which one of these might affect your health either now or in the future?”
- ❑ “Which of these would you like to talk about today?”
- ❑ Ask open questions - ones that do not just get a “yes” or “no” answer. For example; Instead of asking “Are you ok?” Ask “How are you feeling?”
- ❑ Be non-judgemental - try not to see the person as right or wrong, good or bad. You don’t have to fix them, just listen to them and give advice if you can.
- ❑ Use positive language - tell people how well they are doing and look for opportunities to say “well done”
- ❑ Motivate and encourage - help them to understand the benefits of healthy lifestyles.

PHYSICAL ACTIVITY EXAMPLE QUESTIONS:

- ❑ “Moving more and being more active helps to keep us healthy. Is this something you have considered before?”
- ❑ “How much activity are you able to do?”
- ❑ “In what ways do you think moving more will help you?”
- ❑ “Is there anything you enjoy doing that would also increase your physical activity?”
- ❑ “How confident do you feel about being more active?”
- ❑ “Is there anything that might stop you from being more active?”
- ❑ “If so, how will you overcome this?”

PHYSICAL ACTIVITY KEY MESSAGES:

Any physical activity is better than none. More activity is better, especially if sitting time is reduced. A daily brisk walk of 5-10 minutes could add up to 4 years to your life. There are many benefits of physical activity, including; reduced chances of heart disease and diabetes, feeling more energetic and less stressed, sleeping better, increasing bone and muscle strength to improve joint pain.

PHYSICAL ACTIVITY



WAIST SIZE EXAMPLE QUESTIONS:

- ❑ “Would you like to talk about your weight?”
- ❑ “How do you feel about the weight around your tummy?”
- ❑ “Do you think you would benefit from reducing your weight?”
- ❑ “In what ways would you benefit from losing some weight?”
- ❑ “How do you think your family or friends would feel about you losing weight?”
- ❑ “How might you go about losing some weight?”
- ❑ “How confident are you that you can choose healthy eating options?”
- ❑ “What has helped you to lose weight in the past?”
- ❑ “Is there anything that might stop you from losing weight?”
- ❑ “If so, how will you overcome that?”

WAIST KEY MESSAGES:

- q 5kg of weight loss reduces the chances of heart disease by 30%.
- q Weight loss also reduces the chances of diabetes, some cancers and kidney disease. It may improve mental health and help people to feel better.
- q Try to keep the size of your waist to less than half of your height.



DIET EXAMPLE QUESTIONS:

- ❑ “What do you think a “healthy diet” looks like?”
- ❑ “How do you feel about your usual diet?”
- ❑ “Can you think of ways that you might be able to make your diet healthier?”
- ❑ “Are there any changes, big or small, which you think you could make?”
- ❑ “How will you do this?”
- ❑ “Is there anything that might stop you from eating a healthy diet?”
- ❑ “If so, is there anything you could do to overcome this?”

DIET KEY MESSAGES:

q Healthy eating will reduce the chance of heart attacks, strokes and diabetes.

q It should help people to keep at a healthy weight. q Eating less fat and sugar and more vegetables will help.



BLOOD PRESSURE EXAMPLE QUESTIONS:

- ❑ “Have you been able to have your BP checked?”
- ❑ “Has anyone ever explained what your BP readings meant?”
- ❑ “How do you think you might benefit from having a healthy blood pressure?”
- ❑ “What things do you think may help your blood pressure stay in the healthy range?”

BLOOD PRESSURE KEY MESSAGES

- q Most people do not have symptoms when they have high blood pressure. Encourage blood pressure checks at every opportunity. Lowering blood pressure will help reduce the chances of all heart and kidney disease, stroke and diabetes.
- q People with obesity are over 3 times more likely to have high blood pressure. Being more active, losing weight and eating less salt can help to reduce blood pressure, but it may be necessary to take tablets for life.



SMOKING EXAMPLE QUESTIONS:

- ☐ “Do you mind if we talk about smoking?”
- ☐ “Which of these statements would best describe you at the moment?”
- ☐ “I’m not thinking of stopping smoking”
- ☐ “I’m thinking of stopping smoking”
- ☐ “I am planning to stop smoking on ... (date)”
- ☐ “How would stopping smoking benefit you and your family?”
- ☐ “How will making a plan to stop smoking and telling people your plan, help you to stop?”

SMOKING KEY MESSAGES:

- q Smoking increases the chances of getting diabetes and multiplies the chances of all health conditions including heart disease and stroke.
- q If people are ready to stop, they should be supported and encouraged especially during and after relapses.



EMOTIONAL HEALTH QUESTIONS:

☐ “How have you been feeling lately?” ☐

“What things are important to you?”

☐ “What would you like to talk about?”

☐ “Do you feel supported by family, friends and/or the community?”

☐ “Do you feel part of a community?”

☐ “What things help lift your mood?”

BLOOD PRESSURE KEY MESSAGES

q Allowing people time to try and talk about how they are feeling and what matters to them will be of huge benefit to the person. q To achieve whole health, ideally there should be a balance and blend of person centred and self-care, professional care (by doctors if needed) and community care.

EMOTIONAL HEALTH (SPIRITUALITY & COMMUNITY)



ALCOHOL EXAMPLE QUESTIONS:

- ❓ “Would you mind if we talk about alcohol?”
- ❓ “What are your thoughts on how much alcohol you drink?”
- ❓ “Would you like to change how much alcohol you drink?”
- ❓ “What would be the benefits to you and your family of reducing how much alcohol you drink?”
- ❓ “Is there anything that might prevent you from reducing your alcohol intake?”
- ❓ “If so, what might you do to overcome this?”

SMOKING KEY MESSAGES:

- q Heart attacks, strokes, high blood pressure, diabetes and dementia can develop from regularly drinking too much alcohol.
- q Alcohol is high in calories and can cause people to gain harmful weight around the tummy.

ALCOHOL



African & Caribbean Eatwell Guide

this Eatwell Guide to help you understand some cultural foods and help get a better balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	1,200 kJ	285 kcal	0.0g	0.0%	
Carbohydrate	3.0g	1.3g	34g	3.8%	
Protein	1.0g	0.2g	10g	1.1%	
Fat	0.0g	0.0g	0.0g	0.0%	
Sodium	0.0g	0.0g	0.0g	0.0%	
Fibre	0.0g	0.0g	0.0g	0.0%	
Sugars	0.0g	0.0g	0.0g	0.0%	
Total	1.33%	4%	7%	30%	13%

of an adult's reference intake

Percentages are based on the following reference values for an adult: 10000 kJ, 150g carbohydrate, 50g protein, 65g fat, 1000mg sodium, 25g fibre, 100g sugars, 30g alcohol.

Choose foods lower in fat, salt and sugars

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

[illegible]

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Choose unsaturated oils and use in small amounts

Oil & spreads

Choose lower fat and lower sugar options and alternatives

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat.

Eat less often and in small amounts



THE DIVERSE
NUTRITION
ASSOCIATION

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Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



ADVISE PEOPLE TO SEEK MEDICAL HELP IF YOU HAVE ANY OF THESE SYMPTOMS...

- 📋 Advise people to seek medical help if you have any of these symptoms...
- 📋 Pain or discomfort in the centre of the chest
- 📋 Pain or discomfort in the arms, the left shoulder, elbows, jaw, or back
- 📋 Numbness of the face, arm, or leg, especially on one side of the body
- 📋 Confusion, difficulty speaking or understanding speech
- 📋 Difficulty seeing with one or both eyes
- 📋 Difficulty walking, dizziness, loss of balance or coordination
- 📋 Severe headache with no known cause
- 📋 Fainting or unconsciousness

REMEMBER...

HOPE:

k What provides hope for you?

ORGANIZED RELIGION:

k Are you in a community and is that helpful?

PERSONAL:

k What are your personal feelings about spirituality?

k What are your current practices?

EFFECTS:

k How do your beliefs affect your current health care needs?



FILLING IN YOUR LOG:

Once you have talked to a person or people about their health, please write in the log, it will look like this...

HCP LOG

Name of HCP	Full location address (place where intervention was delivered)	Serial number for the encounter/ training session	Date intervention delivered	Start Time for delivery of intervention	Finish time	Number of participants trained	Comments	Signature	Participant attendance list completed Y/N
									<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No
									<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No
									<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No
									<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No

CREATE



Leicester Diabetes Centre

