

# Healthy Lifestyle Brief Intervention Training

## Putting Prevention First and Promoting Positive Lifestyles Make every contact count and make the most of 5 minutes

'Many premature deaths and illnesses could be avoided by improving lifestyles. It is estimated that a substantial proportion of cancers and over 30% of deaths from circulatory diseases could be avoided mainly through a combination of stopping smoking, improving diet and increasing physical activity; saving the NHS the £2.7 billion costs of alcohol abuse' .....Few of us consciously choose 'good' or 'bad' health. We all make personal choices about how we live and how we behave, what to eat, what to drink and how active to be. We all make trade offs between feeling good now and the potential impact of this on our long-term health. In many cases moderation is the key. All capable adults are responsible for these very personal choices.'

(Healthy Lives, Healthy People \_ Our Strategy for Public Health in England Dec 2010 White Paper)

When working with the general public it is important that opportunities to introduce or bring about lifestyle behaviour changes are recognized and acted upon. '**Every Contact Counts**' and everyone with Health and Well Being on their agenda is tasked with making the most of any opportunity to offer at minimum '**Brief Advice**' to their client / patient

If you can make a 5-minute window of opportunity available, to enable your client to verbalise their thoughts and attitudes about making small achievable changes in their health related behaviour, you could make a real difference to their future health and well-being. You do not have to be a health expert to do this. Research indicates that implementing simple 'motivational interviewing techniques' can result in reflective conversation, leading to a shift in attitude.

### Level 1 Brief Advice Definition

- Brief Advice helps people to change their health related knowledge, beliefs, attitudes and behaviour
- It provides an opportunity for individuals to explore their attitudes and beliefs which could impact negatively on their health

'The worker aims to **engage** with individuals and use basic skills of awareness, engagement and communication to **introduce** the idea of lifestyle behaviour change and to **motivate** individuals to consider/think about making changes to their lifestyle/behaviours.'

### Level 2 Brief Intervention Definition

- A Brief Intervention may contain Brief Advice and use more thorough motivational interviewing approaches

The worker aims to **select** and use brief intervention **techniques** that help the individual **take action** about their lifestyle choices which include starting, stopping, increasing or decreasing lifestyle behaviour activities

**The Health Promotion Service offers a variety of support to enable professionals to reinforce their skills needed for a successful intervention.**

- **What's in it for you?**

The training will focus on core competencies contributing to Level 1 Brief Advice and Level 2 Brief Intervention which can be used in your everyday work. These can be applied to modifiable behaviour changes around Smoking, Weight Management, Alcohol consumption, Physical Activity and Healthy Eating and are for the non topic expert. You will learn approaches to use with the individual, providing them with an opportunity to be able to explore their lifestyle habits and consider to start making a change

- **Aim of the training session;**

Learn how to support an individual to make lifestyle behaviour changes around **healthy eating, smoking, alcohol, weight management and physical activity.**

- **What will I learn?**

- Define 'Brief Advice' and 'Brief Intervention' and understand the difference between the two
- Learn how you can make the most of 5 mins with 'Brief Advice'
- Learn about the Stages of Behaviour Change Model
- Understand the need for effective communication skills and the use of motivational interviewing skills with a 'Brief Intervention'
- Learn about the Key Health Messages
- Practise raising health issues with individuals, then supporting them to make healthy lifestyle changes (including SMART goal setting and signposting)
- Practise using the health leaflets and be aware of the website resource to support the training session

- **Suitable for;**

Those working on a one to one basis helping adult individuals make small health related behaviour changes in their lives.

**All training is underpinned by:**

- NICE guidelines,
- 'Commissioning training for behaviour change interventions: evidence and best practice in delivery' - Powell and Thurston Sept 2008
- 'Prevention and Lifestyle Behaviour Change A Competence Framework' –Yorkshire and Humber NHS 2010

<b>Web Pages</b> <a href="http://www.healthpromcornwall.org">www.healthpromcornwall.org</a> <b>Brief Interventions</b> Level 1 Brief Advice and Level 2 Brief Intervention – topic specific
<b>E learning for NHS staff</b> <a href="http://www.cornwallnhsmoodle.co.uk">www.cornwallnhsmoodle.co.uk</a> . Brief Interventions – Brief Advice Level 1
<b>Brief Advice Skill based training</b> delivered on request to organisations and agencies
<b>Core ½ day training as advertised in the training programme</b> Practical skill based for Level 1 Brief Advice and Level 2 Brief Intervention

**Contact Sally Hayes on**  
[sally.hayes@ciospct.cornwall.nhs.uk](mailto:sally.hayes@ciospct.cornwall.nhs.uk)

