

## **Health Trainers - review to date – October 2010**

In 2004, '*Choosing Health*' (DH 2004), the public health white paper, gave a commitment that from 2006, NHS Health Trainers would be providing advice, motivation and practical support to individuals in their local communities.

Health Trainers reach out to people who are in circumstances that put them at a greater risk of poor health. They often come from, or are knowledgeable about, the communities they work with. In most cases, Health Trainers work from locally based services which offer outreach support from a wide range of local community venues.

Health Trainers work with clients on a one-to-one basis to assess their health and lifestyle risks. They have facilitated behaviour change, providing motivation and practical support to individuals in their local communities, since 2006.

Health Trainer Champions work with Health Trainers by providing clients with information and signposting them to the NHS and other community services that will help them to live healthier lifestyles and access the support they need.

### **Key facts – national programme**

Since the inception of the project in 2005 the following key deliverables have been achieved:

- National competences have been developed and signed off and national occupational standards in place
- Two national awards based on health trainer competences have been developed: City & Guilds (C & G) [Level 3] and the Royal Society for Public Health (RSPH) [Level 2]
- A National Implementation Team (the Hubs) is in place and provides full regional coverage for PCTs or other providers of Health Trainer services
- National evaluation, this contract was awarded to the University of Birmingham team and is expected to report Spring 2011
- The programme is also building an evidence base through the Health Trainer Data Collection and Reporting System
- The development of Health Trainers can be seen as part of the overarching strategies to develop the workforce for Public Health relating to the Public Health Skills and Career Framework
- The programme is a successful exemplar of national policy, national strategy, local delivery and partnership working

## **Key facts and figures – progress and outcomes**

- Nearly 90 percent of Primary Care Trusts have a Health Trainer Service
- More than 2400 Health Trainers (level 3) and Health Trainer Champions (level 2) either trained or in training
- 167,000 clients have been seen by Health Trainers
- Health Trainer clients profile
  - 45.29% of clients drawn from Quintile 1 - most deprived areas
  - 21.91% of clients drawn from Quintile 2
  - 4.46% of clients drawn from Quintile 5 - least deprived areas

These figures use the seven multiple deprivation indicators - income, employment, health deprivation and disability, education skills and training, barriers to housing and services, crime and living environment.

- More than two thirds of clients have achieved a goal within their Personal Health Plans (PHPs)
- There has been considerable enthusiasm for the concept among third party organisations.
  - Offender Health has made great strides with their health trainer programme, numbers are currently in the region of 150 Health Trainers
  - The British Army has trained 450 Physical Training Instructor Health Trainers, with a further 2000 in train, as of April 2008
  - Royal Mail has trained two cohorts of first aid staff to RSPH Level 2
  - The programme is also working with organisations such as National Pharmacy Association and the Football Foundation.

## **Budget**

- All Primary Care Trusts have money to fund their HT programme in the NHS baseline

## ***What is a Health Trainer?***

- A key tool in addressing health inequalities
- Drawn from the local community or knowledgeable about the community they will serve
- Either paid or unpaid within the NHS or as part of a third party partner organisation
- They will:
  - be trained in a variety of settings, determined according to local requirements, including classroom-based learning and on the job training
  - accredited nationally
  - either identify, or have referred to them, appropriate 'clients' drawn from hard to reach, disadvantaged groups. Clients can self refer too
  - work with those clients 1:1 to assess their lifestyle and wellbeing and identify any areas they wish to work on
  - work with the client to set goals, agree an action plan and provide individual support where necessary focussing on behaviour change
  - monitor and review their clients progress and revise the plan where necessary to meet the clients goals

There are many examples where health trainers are delivering their service within different settings.