

**National Health Trainer
Data Collection & Reporting System**

National Report

February 2010

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Versions

Version	Date	Notes
1	Oct 2008	First edition
2	Dec 2008	
3	Mar 2009	
4	May 2009	
5	June 2009	
6	Sept 2009	
7	Oct 2009	6 month update report Apr-Sept
8	Feb 2010	

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Introduction

Background

The Data Collection & Reporting System (DCRS) originally evolved through a collaboration between West Midlands StHA, the Birmingham Primary Care Shared Services Agency (BPCSSA) and early adopting organisations. Designed around the national handbook, a subsequent successful pilot and the continued support of the Department of Health have led to the system gradually being adopted more widely across the UK.

About this report

This report seeks firstly to highlight the progress of the system's rollout across the UK. Most importantly though, this report also documents some of the key evidence that the DCRS is generating.

Interpretation

Please be aware when interpreting the various reports produced herein additional factors should often be taken into account (e.g. sample size, exceptions, regional variances, system changes, PCT experience level etc). Wherever pertinent, such factors have been detailed within surrounding commentary/ comments.

Feedback

This report was compiled by BPCSSA. All feedback relating to the contents of this report is welcomed htSupport@bpcssa.nhs.uk.

Technical System Information - Version releases/development

Version	Date	Notes
V3.0	Ongoing	See below, currently in final specification stages
V2.4	30/10/09	Key developments included bespoke data field functionality and significant report system redevelopment.
V2.3	13/03/09	Key developments included the enabling of Offender Health recording, post-assessment client report improvements and amendments to improve data quality.
V2.2	05/12/08	Developments included Health Trainer Champion enabling, localisable fields and many minor system improvements.

Ongoing projects

Version 3 (delivery early Summer 2010)	Key system amendments to include Community Engagement & enhanced Maintenance Check functionality as well as a host of more minor amendments in reponse to user feedback items (full change documentation due).
SMS appointment reminders	Setup of SMS text appointment reminders to be sent to clients in an effort to reduce DNAs. Pilot organisations agreed delivery, planned just prior or alongside version 3.
Server Infrastructure	To boost capacity, performance and provide secondary automatic 'fail-over' systems. Architecture planning complete, new system implementations now in early stages.
Spine compliance	No further progress currently addressing the issue of compliance with national systems, with an intention to seek national spine integration.

System training

Financial year 2008-09

- New rollouts - 39
- Refresher sessions - 22
- Advanced Data Training / HUB training events - 10

Financial year 2009-now

- New rollouts - 29
- Refresher sessions - 32
- Advanced Data Training / HUB training events - 19

Ongoing system maintenance & support tasks

- PCT reporting support
- Average of over 30 support calls/ emails being processed per day
- Daily server monitoring, maintenance and benchmarking
- Token management
- Refresher and Advanced Data Training Event management

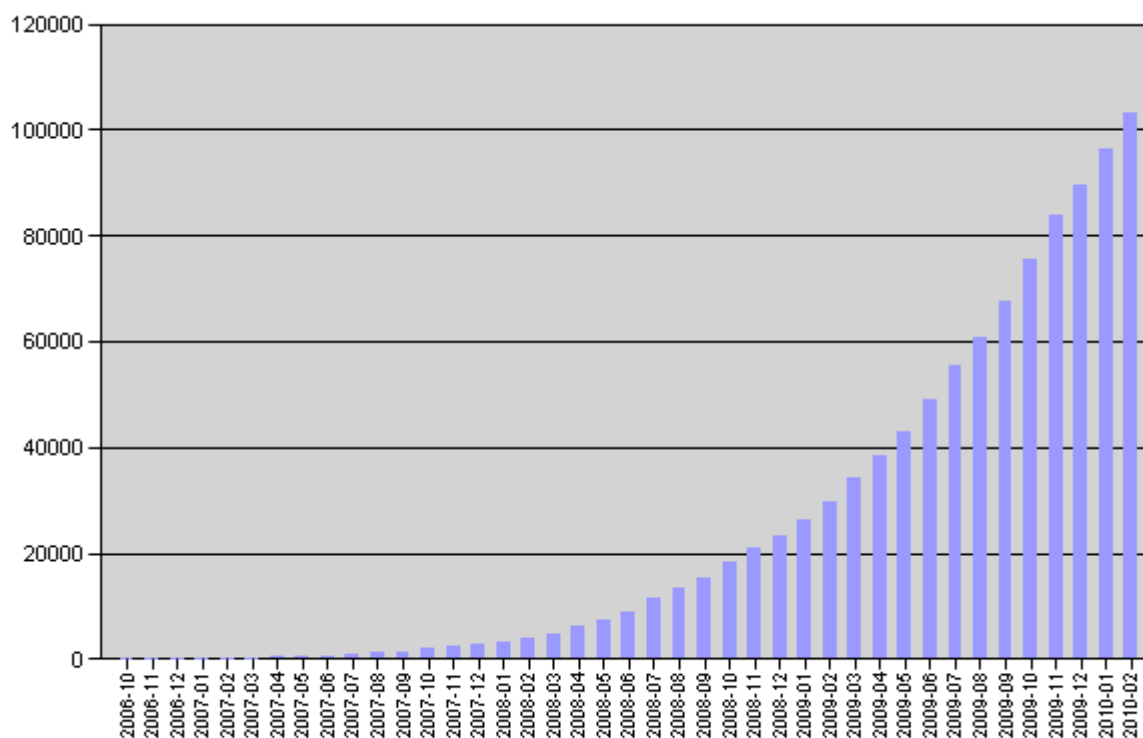
Current Position

This section is designed to provide a few summary facts surrounding system uptake, usage and system training carried out until 24th February 2010.

Summary

- *There are currently 90 organisations actively using the system (NB: 10 x extremely high users +2,500 clients, 25 x heavy users +1,000 clients, 33 x moderate users +200 clients, 22 light/minimal users).*
- *Client records – over 103,000 in total (91,537 with single assessment, 3,330 with multiple assessments and 8,306 waiting for assessment or not contactable)*
- *Client Assessments: - over 74,000 signed-off in total (23510 part/fully achieved, 19,219 signposts/information only, 5,251 not achieved, 9,491 not contactable/DNA).*
- *67 organisations are now registered to use remote access tokens with over 892 now distributed nationally.*
- *12 organisations entering Offender Health Data totalling 1,073 clients.*
- *There are in total 94 Health Trainer Champions and 287 Trainee Health Trainers out of the total 1,659 active Health Trainers.*

Cumulative count of New Clients



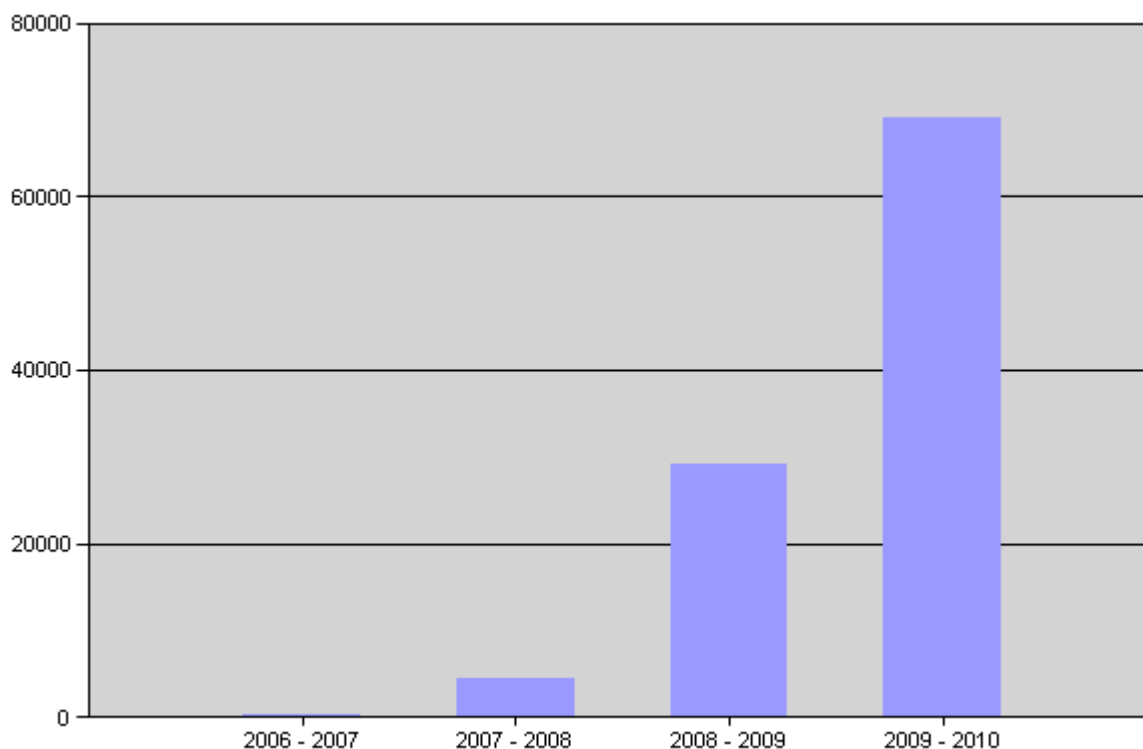
Financial year 2008- 09

- 29,223 new clients are entered
- 690 new Health Trainers have joined, 55 of which have now left the position

Progress since last financial year [01.04.2009 – 24.02.2010]

- Over 69,000 clients are entered into the system since the last financial year-end.
- 470 new Health Trainers joined, 99 left their position (of which more than 60% moved onto alternative employment or training).
- *Out of over 4,000 clients who has completed the wellbeing questionnaire before and after, more than 50% indicated a positive change in their lifestyle.*

Breakdown of new clients per financial year



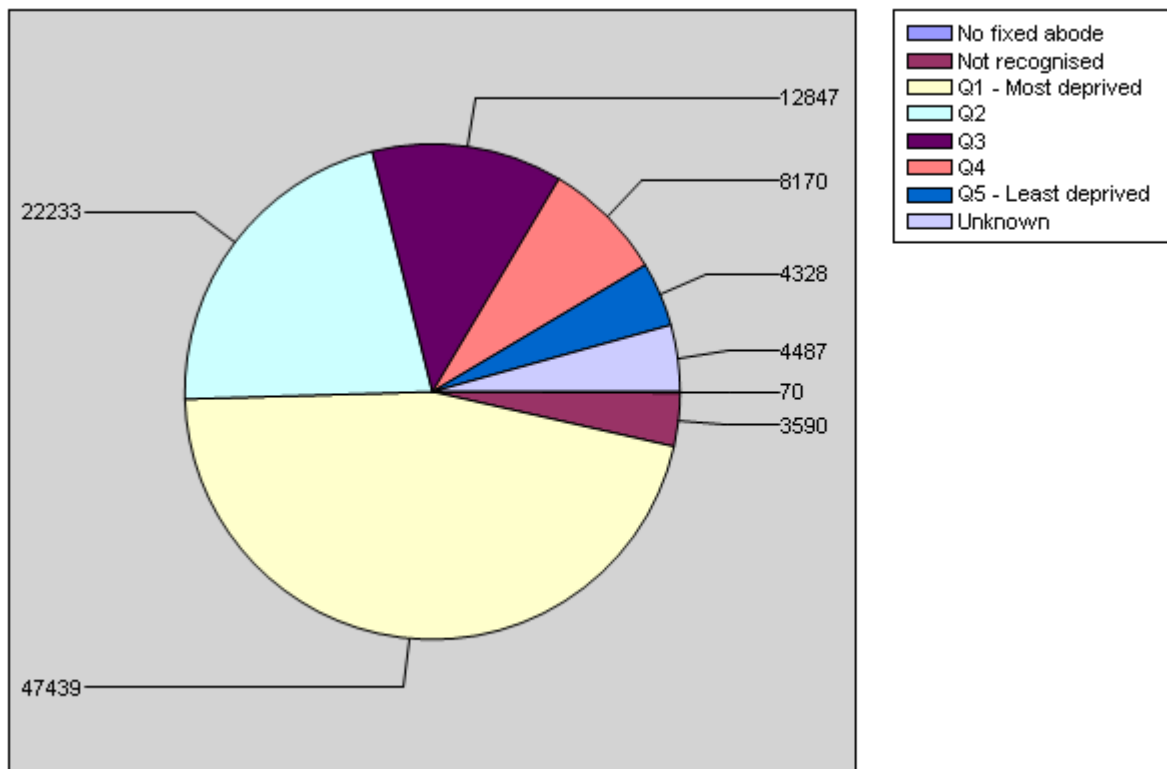
There are twice as much clients already entered in this financial year comparing last financial year.

Client Demographics

This section provides a series of summary charts that outlines the basic demographic profile of those clients attending Health Trainer services nationally.

Deprivation Status Quintiles – Average threshold

Sample size: 103,164



Postcode Deprivation Status	Overall	
	Count	Percent
Q1 - Most deprived	47439	45.98%
Q2	22233	21.55%
Q3	12847	12.45%
Q4	8170	7.92%
Q5 - Least deprived	4328	4.20%
Not recognised ¹	3590	3.48%
Unknown ²	4487	4.35%
No fixed abode	70	0.07%
	103164	100.00%

¹ Not recognised is when the entered postcode does not match an item in the national postcode list

² Unknown is when the postcode field is intentionally left blank

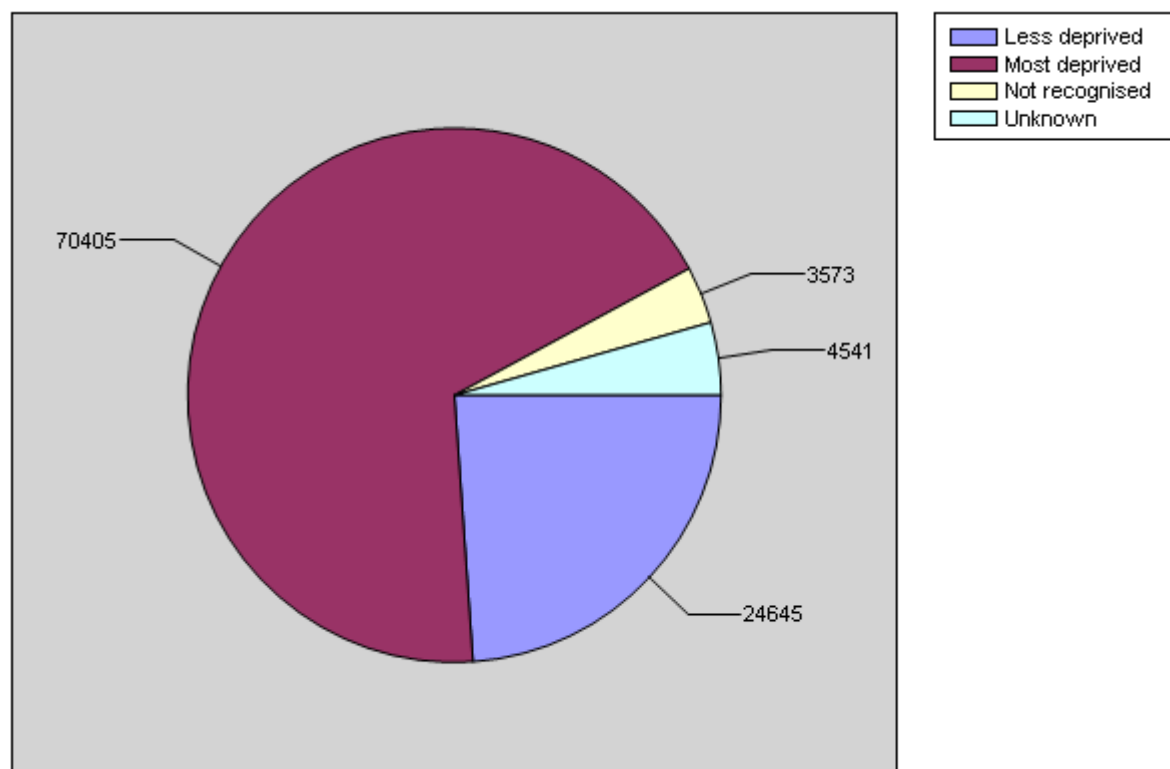
Comments

- This 'average threshold' report details clients who as an overall average fall within the five 20% deprivation status bandings (known as 'deprivation quintiles').
- Postcode deprivation scores are based on an overall average across of the following indicators³:
 - Income
 - Employment
 - Health Deprivation & Disability
 - Education, Skills & Training
 - Barriers to Housing & Services
 - Crime
 - Living Environment
- It should be highlighted that 45.98% of the total is drawn from the 20% most deprived areas, whilst only 4.20% is drawn from the 20% least deprived areas.

³ [Deprivation data is based on indices of deprivation and gridlink which can be found from the following links:
<http://www.communities.gov.uk/communities/neighbourhoodrenewal/deprivation/deprivation07/>
<http://www.connectingforhealth.nhs.uk/nacs/downloads/officenatstats>]

Deprivation Status 'Most deprived' – Any indicator

Sample size: 103,164



Postcode Deprivation Status – Any indicator	Overall	
	Count	Percent
20% most deprived areas – Q1	70405	68.25%
Less deprived/ more affluent – Q2, Q3, Q4, Q5	24645	23.89%
Not recognised ⁴	3573	3.46%
Unknown ⁵	4541	4.40%
	103164	100.00%

Comments

- This 'any indicator' report details clients who fall within any one or more of the following indicators⁶ for the 20% most deprived threshold:
 - Income
 - Employment
 - Health Deprivation & Disability
 - Education, Skills & Training
 - Barriers to Housing & Services
 - Crime
 - Living Environment

⁴ Not recognised is when the entered postcode does not match an item in the national postcode list

⁵ Unknown is when the postcode field is intentionally left blank

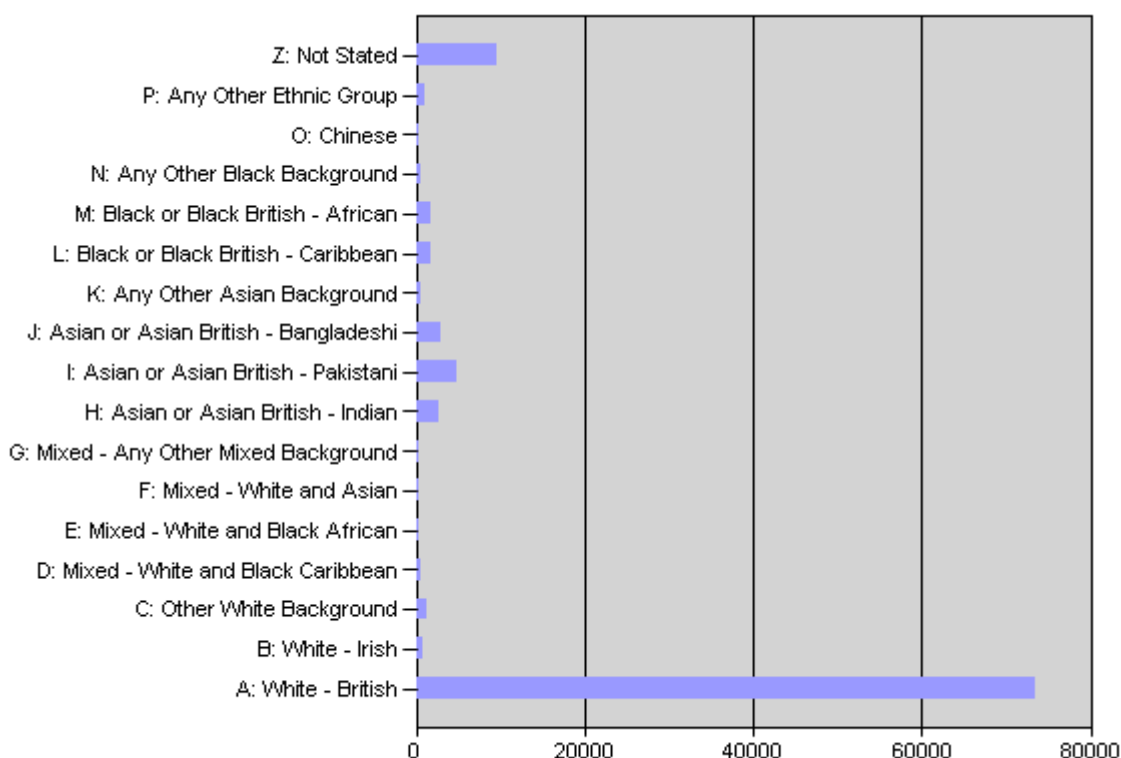
⁶ [Deprivation data is based on indices of deprivation and gridlink which can be found from the following links:

<http://www.communities.gov.uk/communities/neighbourhoodrenewal/deprivation/deprivation07/>

<http://nww.connectingforhealth.nhs.uk/nacs/downloads/officenatstats>]

Ethnicity

Sample size: 102,588



Ethnicity	Overall	
	Count	Percent
A: White - British	73373	71.12%
B: White - Irish	853	0.83%
C: Other White Background	1362	1.32%
D: Mixed - White and Black Caribbean	485	0.47%
E: Mixed - White and Black African	194	0.19%
F: Mixed - White and Asian	167	0.16%
G: Mixed - Any Other Mixed Background	268	0.26%
H: Asian or Asian British - Indian	2629	2.55%
I: Asian or Asian British - Pakistani	4961	4.81%
J: Asian or Asian British - Bangladeshi	2908	2.82%
K: Any Other Asian Background	572	0.55%
L: Black or Black British - Caribbean	1695	1.64%
M: Black or Black British - African	1728	1.68%
N: Any Other Black Background	489	0.47%
O: Chinese	237	0.23%
P: Any Other Ethnic Group	1060	1.03%
Z: Not Stated	9607	9.31%
	102588	100.00%

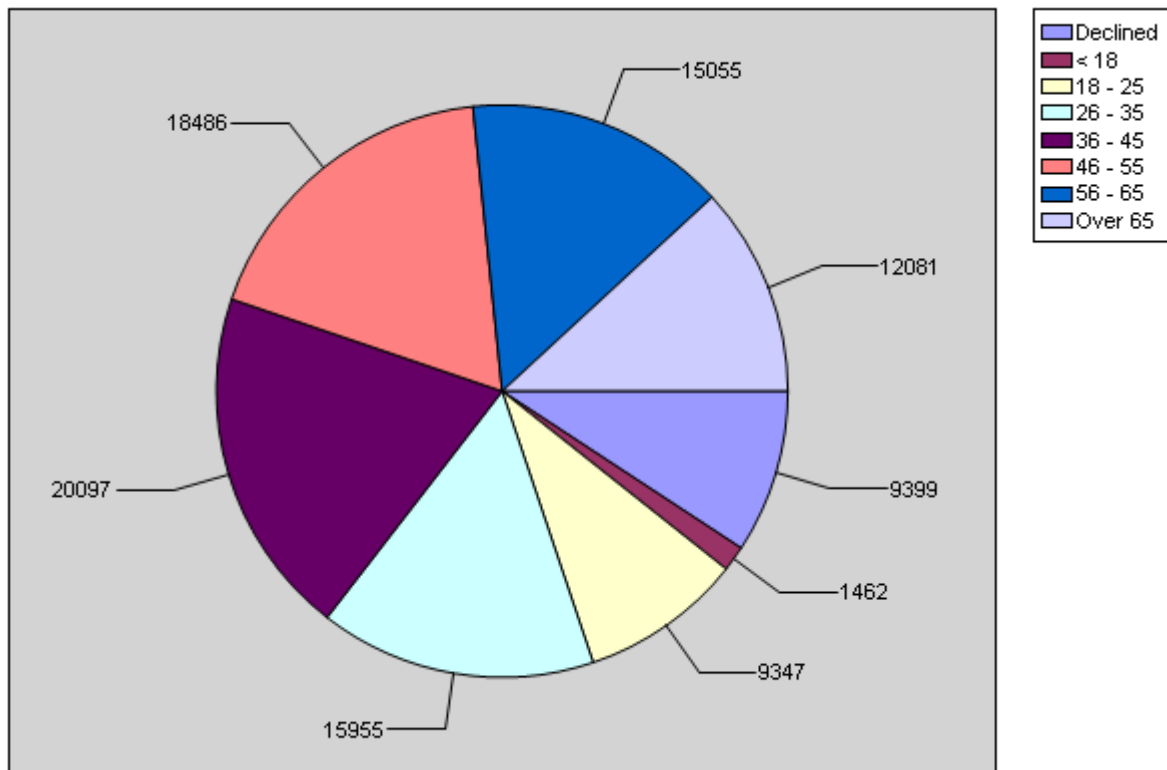
National figures (for comparison)

	Total population		Minority ethnic population	
	Count	%	Count	%
White	54153898	92.1		n/a
Mixed	677117	1.2		14.6
Asian or Asian British				
Indian	1053411	1.8		22.7
Pakistani	747285	1.3		16.1
Bangladeshi	283063	0.5		6.1
Other Asian	247664	0.4		5.3
Black or Black British				
Black Caribbean	565876	1.0		12.2
Black African	485277	0.8		10.5
Black Other	97585	0.2		2.1
Chinese	247403	0.4		5.3
Other	230615	0.4		5.0
<i>All minority ethnic population</i>	<i>4635296</i>	<i>7.9</i>		<i>100</i>
All population	58789194	100		n/a

It should be highlighted that the number of people from ethnic minorities entered into the system represents greater proportion than the national average.

Age Band

Sample size: 101,882

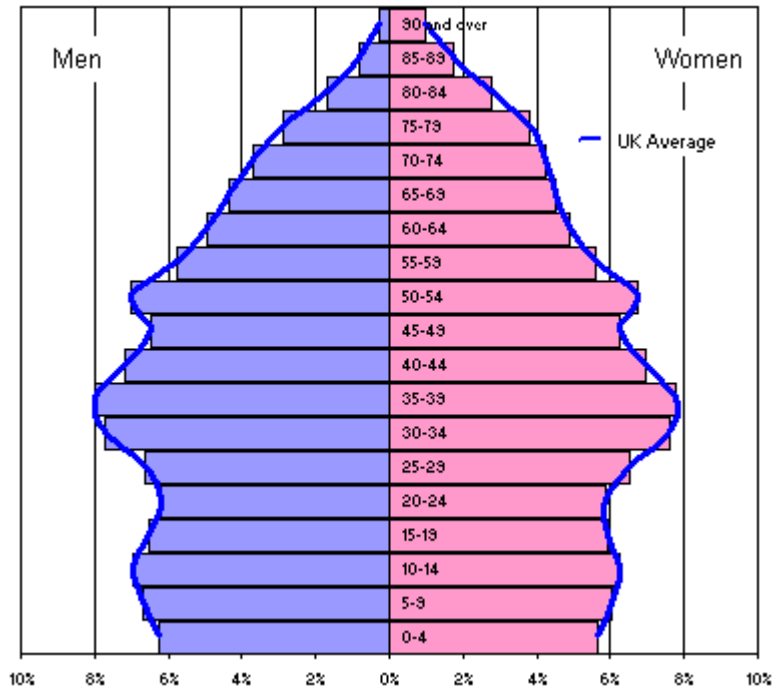


Age Band	Overall	
	Count	Percent
< 18 ⁷	1462	1.43%
18 - 25	9347	9.17%
26 - 35	15955	15.66%
36 - 45	20097	19.73%
46 - 55	18486	18.14%
56 - 65	15055	14.78%
Over 65	12081	11.86%
Declined ⁸	9399	9.23%
	101882	100.00%

⁷ * Entering clients under 16 years is not recommended by the national implementation team as the evidence of the benefits of the HT service is not clear enough.

⁸ Since v2.2 update, users are able to decline DOB

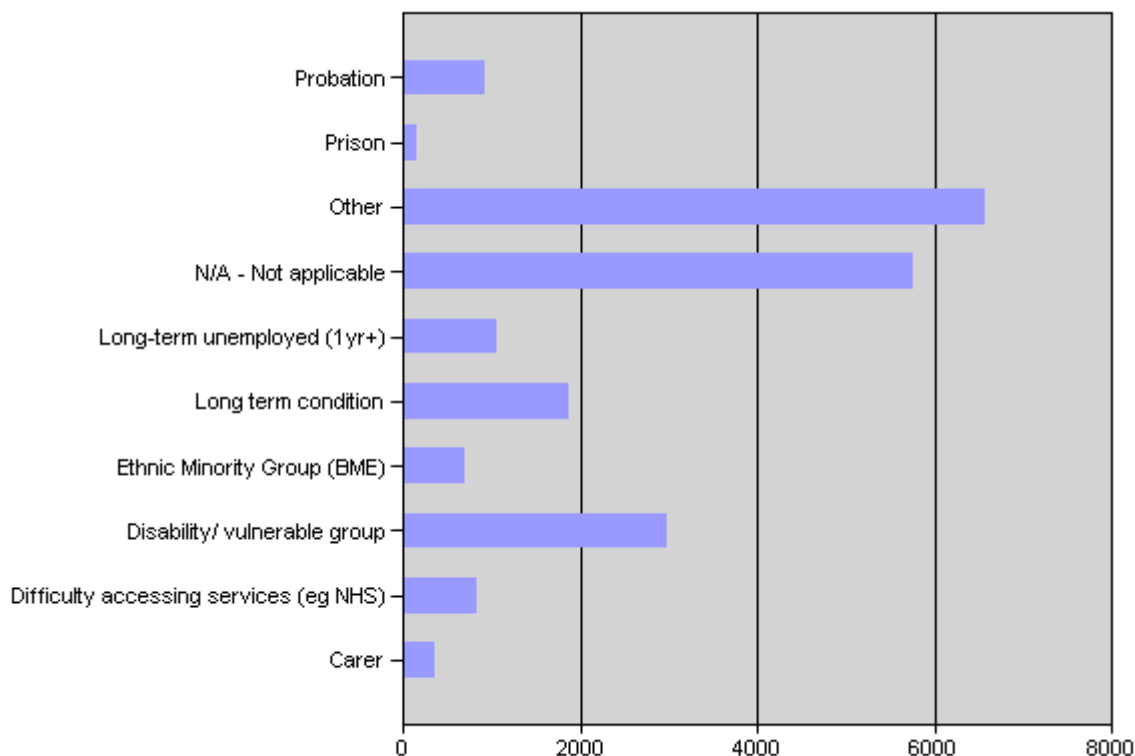
National figures (for comparison)



The percentages on the pyramid represent the percentage of 'all males' (to the left) and the percentage of 'all females' (to the right) that are in that age group.

Additional Personal Info

Sample size: 21,178

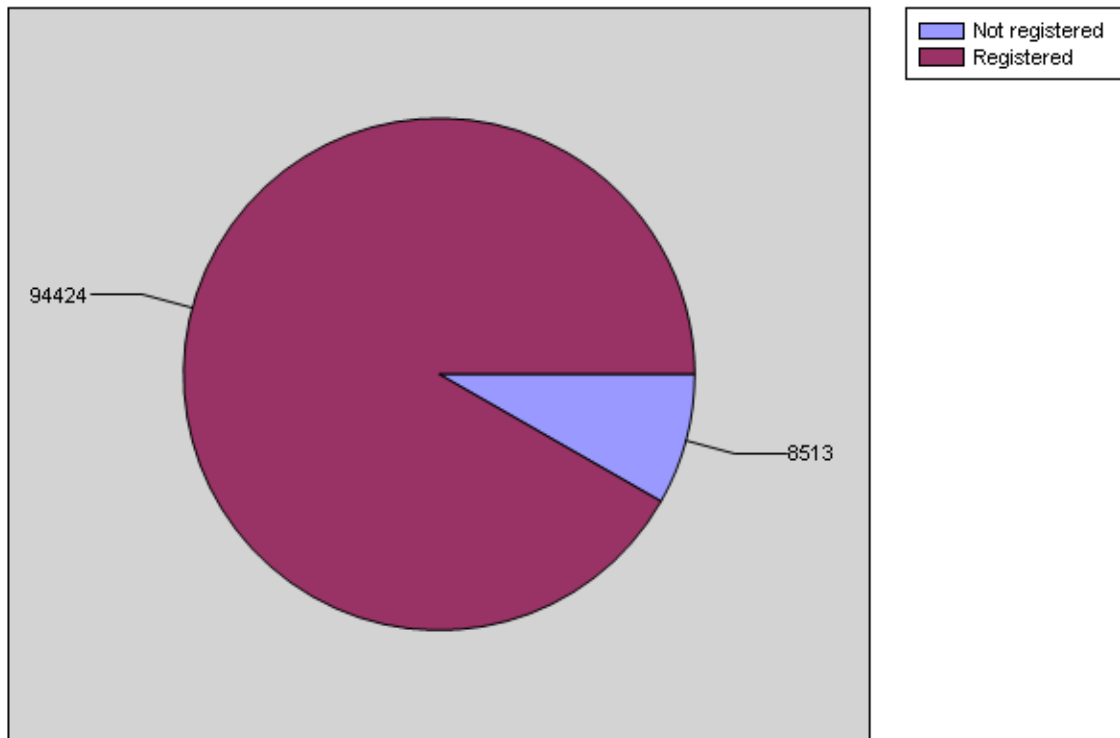


Community of Interest	Overall	
	Count	Percent
Carer	343	1.62%
Difficulty accessing services (eg NHS)	836	3.95%
Disability/ vulnerable group	2971	14.03%
Ethnic Minority Group (BME)	692	3.27%
Long term condition	1878	8.87%
Long-term unemployed (1yr+)	1060	5.01%
N/A - Not applicable	5751	27.16%
Prison	148	0.70%
Probation	924	4.36%
Other ⁹	6575	31.05%
	21178	100.00%

⁹ Selecting 'other' currently lets users to specify their own freetext items; 'other' will be withdrawn from the system on the next release.

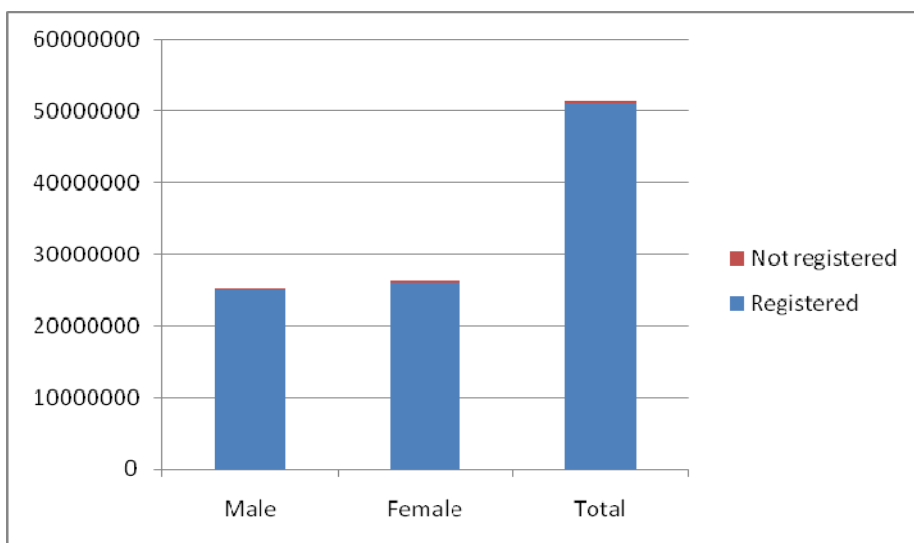
GP Registration

Sample size: **102,937**



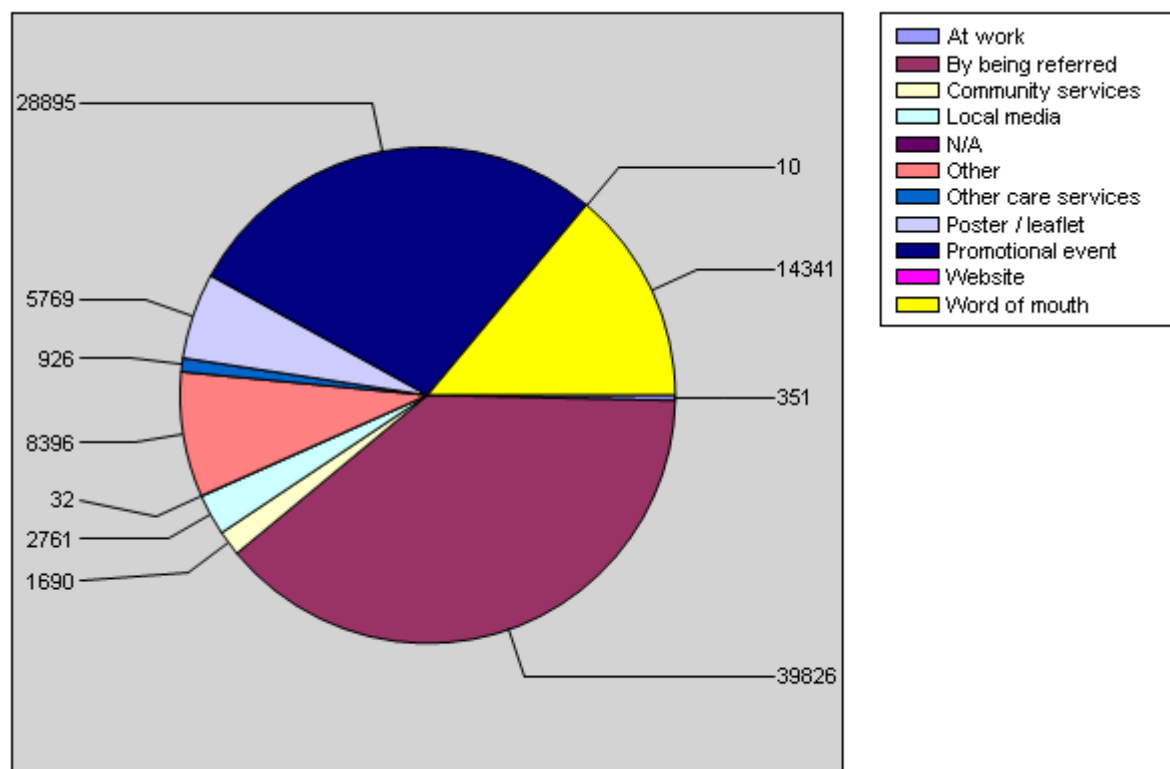
GP registration	Overall	
	Count	Percent
Not registered	8513	8.27%
Registered	94424	91.73%
	102937	100.00%

National figures (for comparison)



How heard about the service

Sample size: 102,997

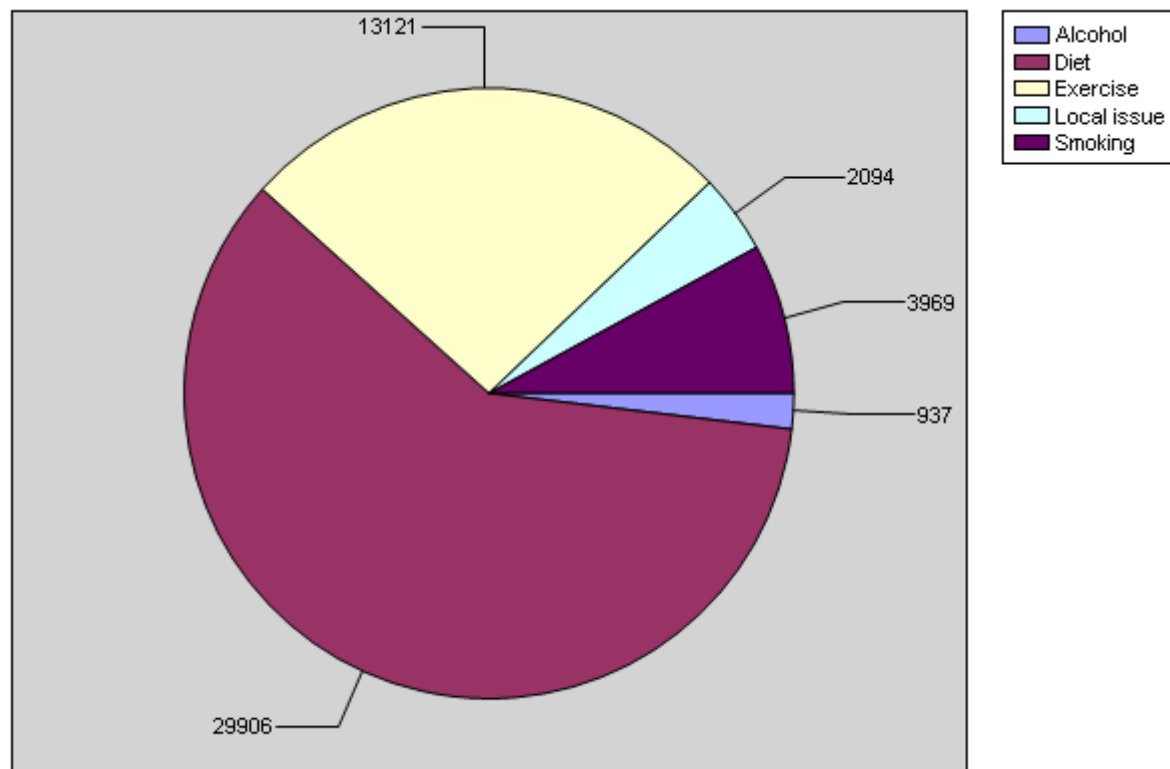


How heard about the service	Overall	
	Count	Percent
At work	351	0.34%
By being referred	39826	38.67%
Community services	1690	1.64%
Local media	2761	2.68%
Other care services	926	0.90%
Poster / leaflet	5769	5.60%
Promotional event	28895	28.05%
Website	10	0.01%
Word of mouth	14341	13.92%
N/A	32	0.03%
Other	8396	8.15%
	102997	100.00%

Client Assessment

Primary Issue

Sample size: 50,027



Primary Issue	Overall	
	Count	Percent
Alcohol	937	1.87%
Diet	29906	59.78%
Exercise	13121	26.23%
Smoking	3969	7.93%
Local issue – Emotinal wellbeing ¹⁰	2094	4.19%
	50027	100.00%

¹⁰ NB: Organisations have been recording emotional issues (and further sub-define these locally, i.e. stress, social isolation), since the DCRS v2.2 in December 2008. Only those clients who generate personal health plans record primary issue.

Client Outcomes and Measuring Sustainability

This section is designed to review the outcomes achieved by clients attending Health Trainer services, through analysis of change (i.e. before Vs after) and final outcome statuses.

Pre & Post Assessment results

Outcome	Sample size	Average values		
		Before	After	Change (%)
BMI	5778	34.74	33.03	4.90% down ✓
Fruit & vegetable portions consumed per day	5081	3.08	5.1	65.58% up ✓
Fried, high fat and snack portions consumed per day	11585	1.8	0.39	78.33% down ✓
Alcohol	1928	11.34	6.2	45.32% down ✓
Smoking	4128	6.49	2.59	60.09% down ✓
Vigorous exercise sessions per week	3038	0.84	1.73	105.95% up ✓
Moderate exercise sessions per week	4100	3.92	5.32	35.71% up ✓

Comments

- Pre-post assessment measurements are voluntary and some organisation may prefer not to enter these values.
- People who has not entered both before and after values are discarded from results.
- BMI values only include people who came to service to 'lose weight'
- Based on before and after results the Health Trainer service continues to show clear and consistent improvements in all change areas.

Wellbeing improvement

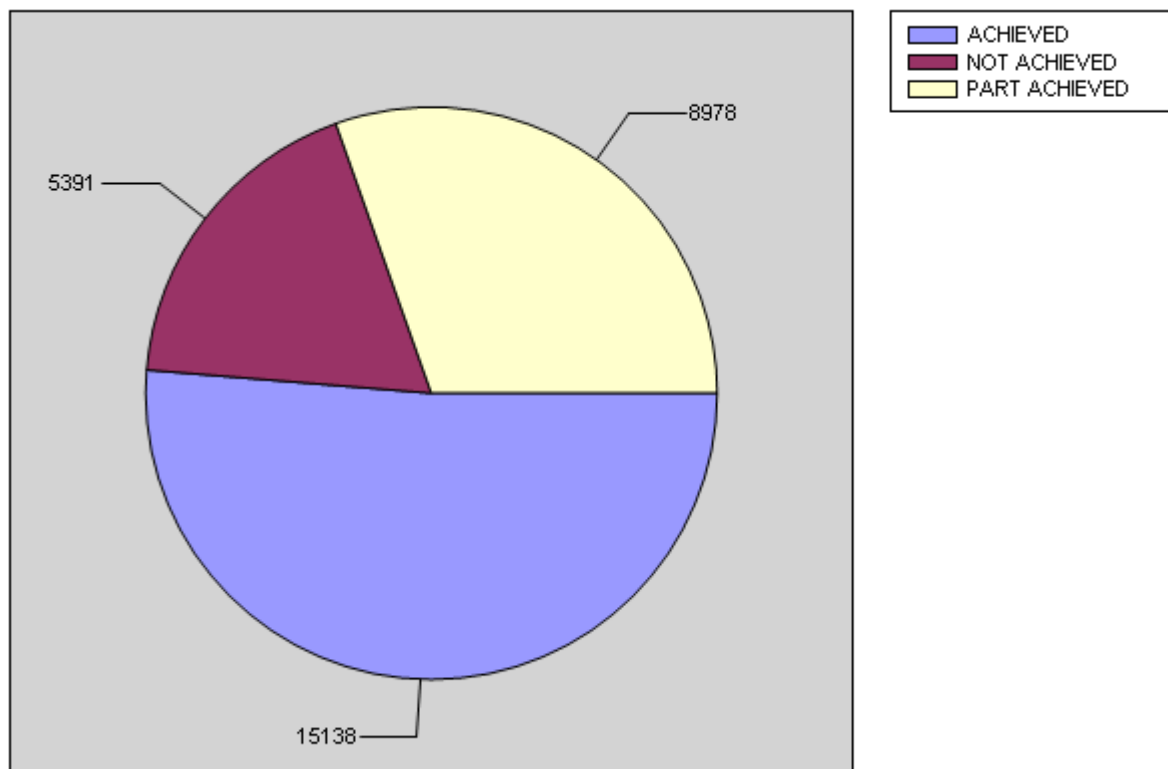
Wellbeing measure	Sample size	Average values		
		Before	After	Change (%)
Self Efficacy	6562	73.93	79.89	5.96% up ✓
General Health	6532	48.94	67.05	18.12% up ✓
WHO-5	3672	44.13	60.67	16.54% up ✓

Comments

- People who has not entered both before and after values are discarded from results.
- Based on before and after results the Health Trainer service continues to show clear and consistent improvements in self-efficacy and even more so general health and WHO-5, a very positive result overall.

Personal Health Plan Outcome

Sample size: **29,507**



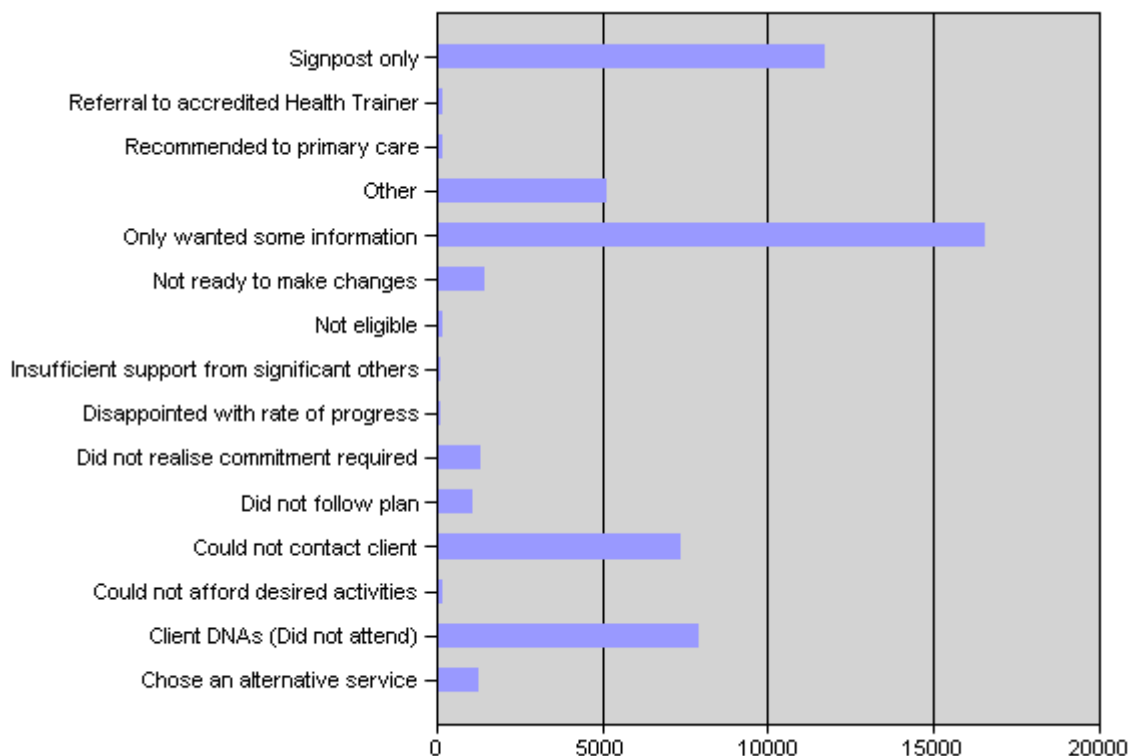
Personal Health Plan outcome	Overall	
	Count	Percent
ACHIEVED	15138	51.30%
PART ACHIEVED	8978	30.43%
NOT ACHIEVED	5391	18.27%
	29507	100.00%

Comments

- 51%+ who have achieved is a fairly positive result, particularly so when a further 30%+ of outcomes are part achieved.

Reasons for not completing a Personal Health Plan

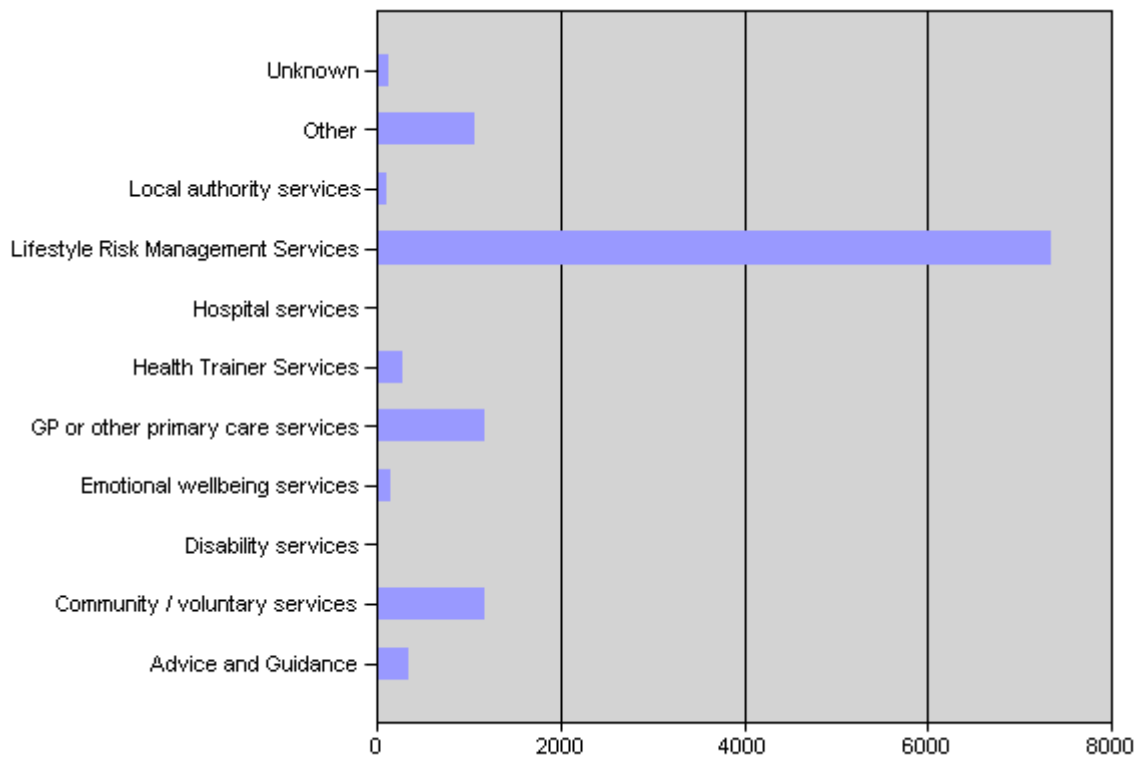
Sample size: 54,851



Sign-off reason	Overall	
	Count	Percent
Chose an alternative service	1247	2.27%
Client DNAs (Did not attend)	7927	14.45%
Could not afford desired activities	203	0.37%
Could not contact client	7404	13.50%
Did not follow plan	1087	1.98%
Did not realise commitment required	1352	2.46%
Disappointed with rate of progress	141	0.26%
Insufficient support from significant others	127	0.23%
Not eligible	149	0.27%
Not ready to make changes	1460	2.66%
Only wanted some information	16587	30.24%
Other	5123	9.34%
Recommended to primary care	148	0.27%
Referral to accredited Health Trainer	158	0.29%
Signpost only	11738	21.40%
	54581	100.00%

Signposting

Sample size: 11,738



Sign-off reason	Overall	
	Count	Percent
Advice and Guidance	347	2.96%
Community / voluntary services	1160	9.88%
Disability services	1	0.01%
Emotional wellbeing services	144	1.23%
GP or other primary care services	1164	9.92%
Health Trainer Services	279	2.38%
Hospital services	6	0.05%
Lifestyle Risk Management Services	7355	62.66%
Local authority services	95	0.81%
Other	1063	9.06%
Unknown	124	1.06%
	11738	100.00%

Personal Health Plan Goal achievement

Sample size: 74011

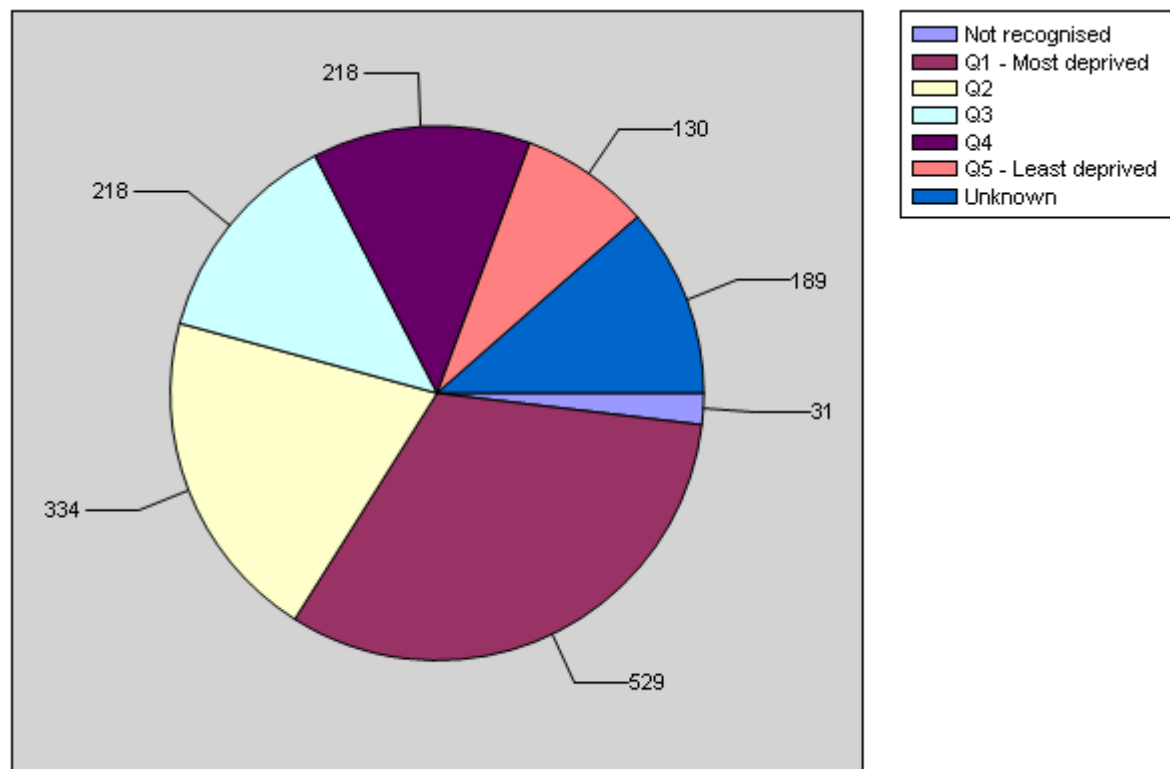
PHP Goals by Achievement	Overall	
	Count	Percent
Achieved	47348	63.97%
Part Achieved	14302	19.32%
Not Achieved	12361	16.70%
	74011	100.00%

PHP Goals by Goal Category	Overall	
	Count	Percent
Diet	37863	51.16%
Achieved	24932	33.69%
Not Achieved	5381	7.27%
Part Achieved	7550	10.20%
Exercise	18516	25.02%
Achieved	11160	15.08%
Not Achieved	3482	4.70%
Part Achieved	3874	5.23%
Smoking	3512	4.75%
Achieved	1868	2.52%
Not Achieved	1019	1.38%
Part Achieved	625	0.84%
Alcohol	1318	1.78%
Achieved	808	1.09%
Not Achieved	253	0.34%
Part Achieved	257	0.35%
Other	9994	13.50%
Achieved	6675	9.02%
Not Achieved	1731	2.34%
Part Achieved	1588	2.15%
Not recorded	2808	3.79%
	74011	100.00%

Health Trainer Profile

Deprivation Status Quintiles – Average Threshold

Sample size: 1,649



Health Trainer Postcode Deprivation Status	Overall	
	Count	Percent
Q1 - Most deprived	529	32.08%
Q2	334	20.25%
Q3	218	13.22%
Q4	218	13.22%
Q5 - Least deprived	130	7.88%
Not recognised ¹¹	31	1.88%
Unknown	189	11.46%
	1649	100.00%

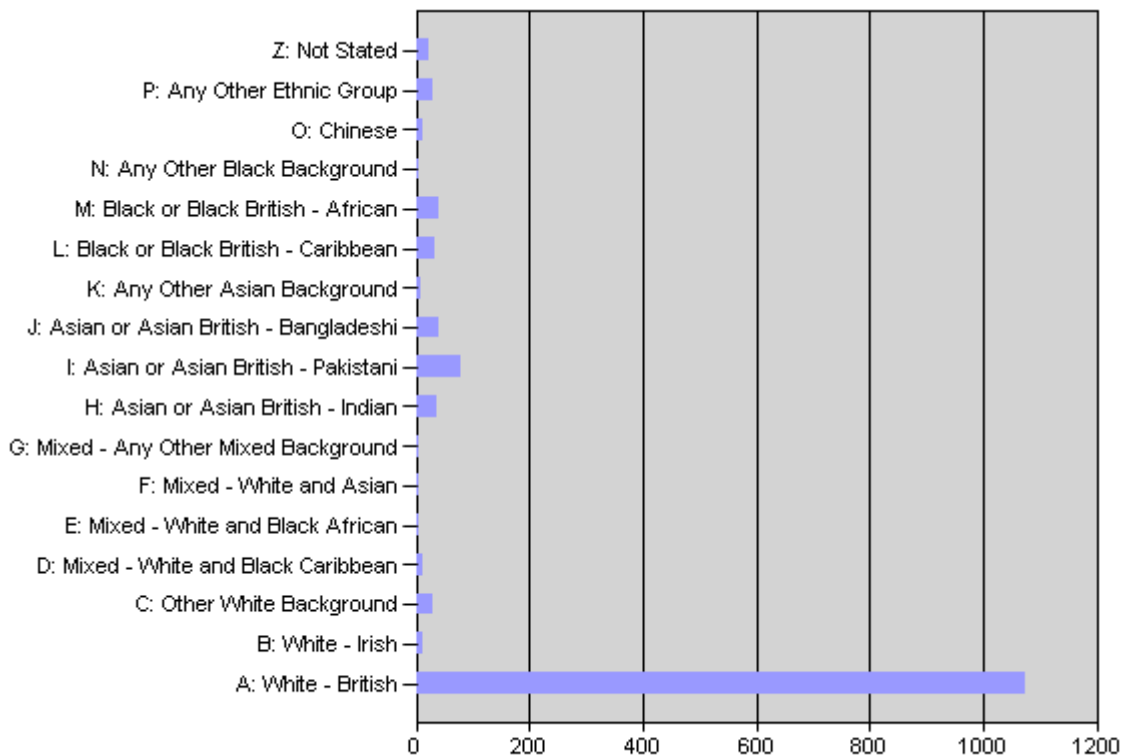
Comments

- Demonstrates a majority of HTs are themselves from most deprived areas (Q1-Q2), meeting National Outcome 1 objective.

¹¹ Not recognised is when entered postcode does not match an item in the national postcode list

Ethnicity

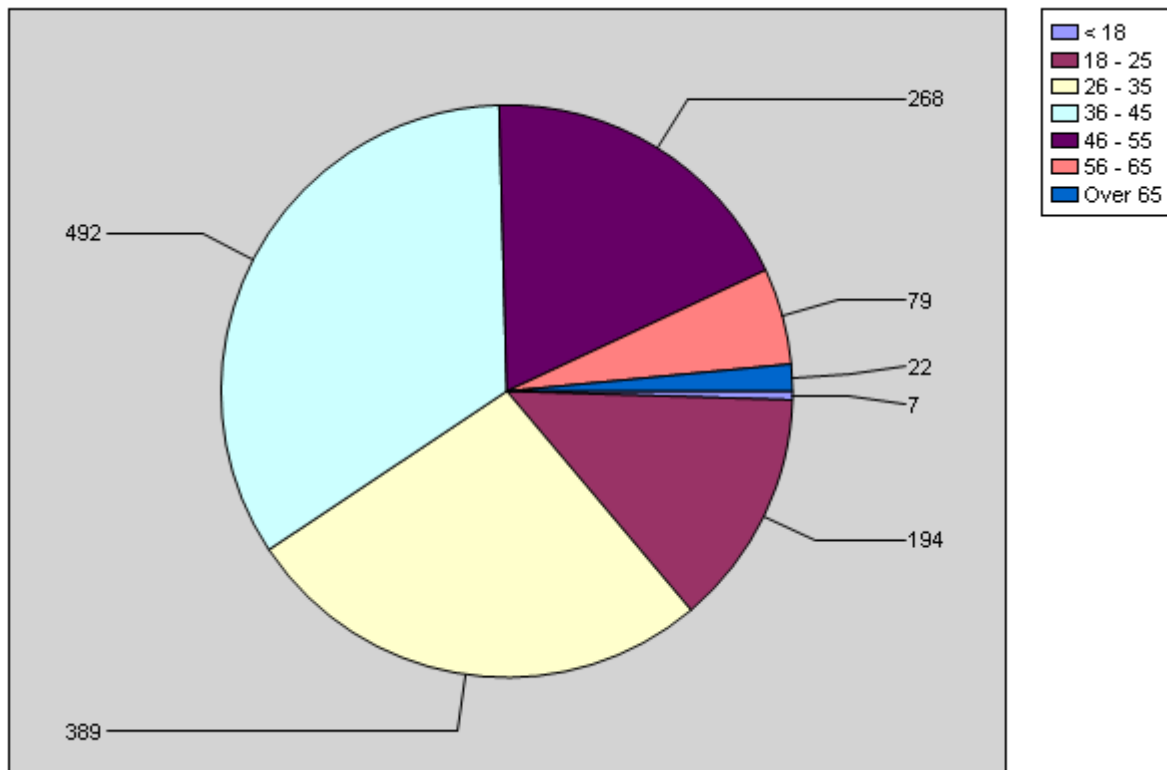
Sample size: 1,451



Health Trainer Ethnicity	Overall	
	Count	Percent
A: White - British	1073	73.95%
B: White - Irish	11	0.76%
C: Other White Background	29	2.00%
D: Mixed - White and Black Caribbean	13	0.90%
E: Mixed - White and Black African	4	0.28%
F: Mixed - White and Asian	4	0.28%
G: Mixed - Any Other Mixed Background	2	0.14%
H: Asian or Asian British - Indian	38	2.62%
I: Asian or Asian British - Pakistani	80	5.51%
J: Asian or Asian British - Bangladeshi	41	2.83%
K: Any Other Asian Background	8	0.55%
L: Black or Black British - Caribbean	35	2.41%
M: Black or Black British - African	41	2.83%
N: Any Other Black Background	5	0.34%
O: Chinese	13	0.90%
P: Any Other Ethnic Group	31	2.14%
Z: Not Stated	23	1.59%
	1451	100.00%

Age Band

Sample size: 1,451



Age Band	Overall	
	Count	Percent
< 18	7	0.48%
18 - 25	194	13.37%
26 - 35	389	26.81%
36 - 45	492	33.91%
46 - 55	268	18.47%
56 - 65	79	5.44%
Over 65	22	1.52%
	1451	100.00%

Education Levels

Sample size: 1,451

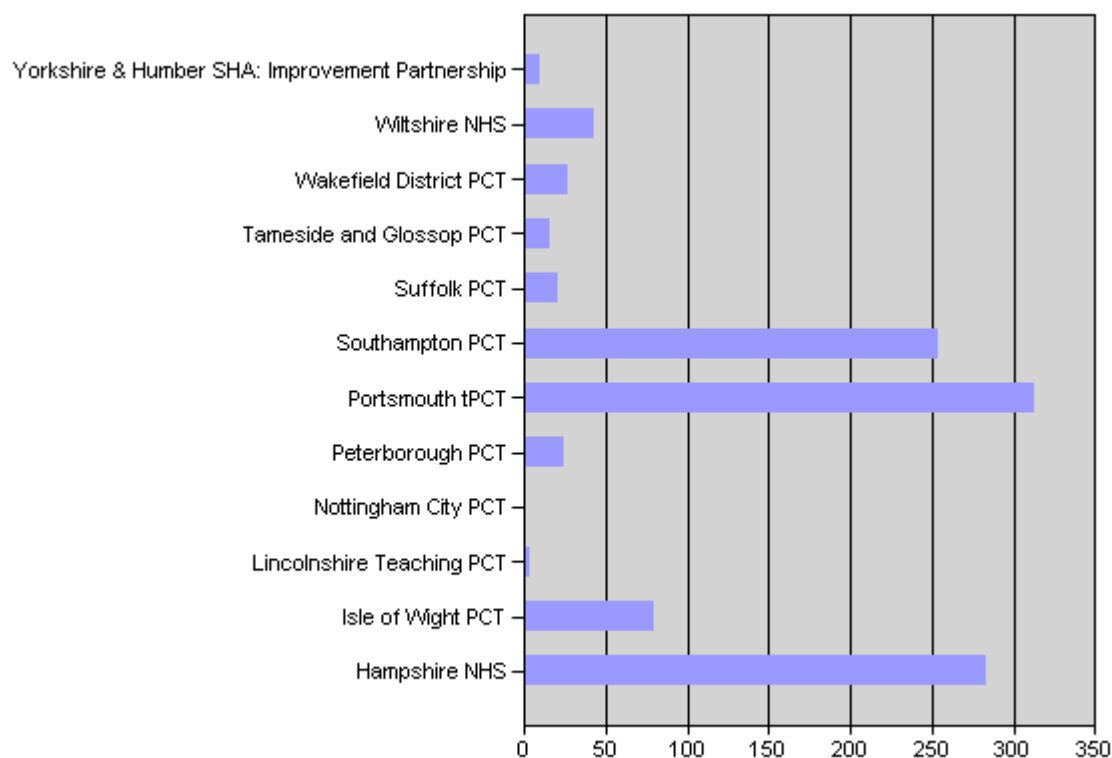
Health Trainer Education Levels	Overall	
	Count	Percent
College (e.g. A-level)	447	30.81%
Na	298	20.54%
School (e.g. GCSE)	304	20.95%
University	402	27.71%
	1451	100.00%

Offender Health

In light of Offender Health HT services being developed, with some services now reporting into DCRS the system can be used to reflect contribution HTs are making to 7 pathways¹² to reducing risk of re offending.:

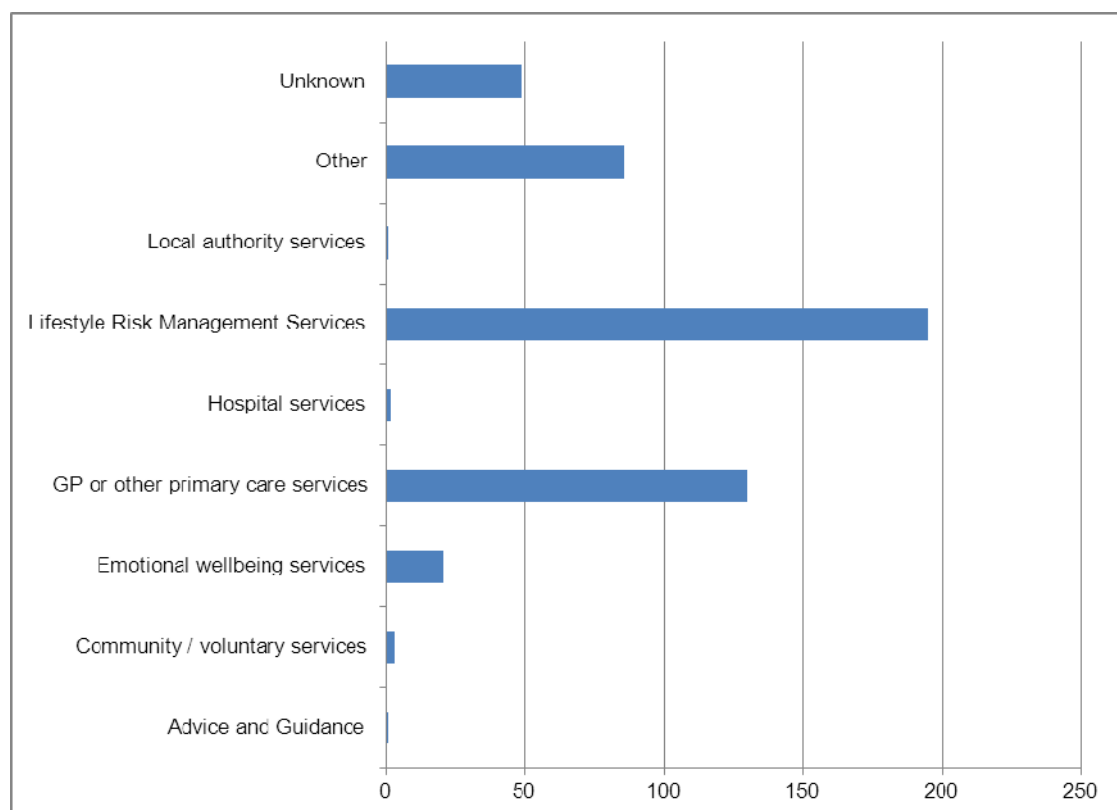
- Alcohol and drugs
- Physical and Mental Health
- Employment training and education
- Accomodation
- Attitudes thinking and behaviour
- Finance, benefit and dept
- Children Families and community support

There are 12 organisations actively entering data under the ‘Probation’ or ‘Prison’ caseloads.



¹²http://www.noms.justice.gov.uk/managing-offenders/reducing_re-offending/reducing_re-offending_pathways/

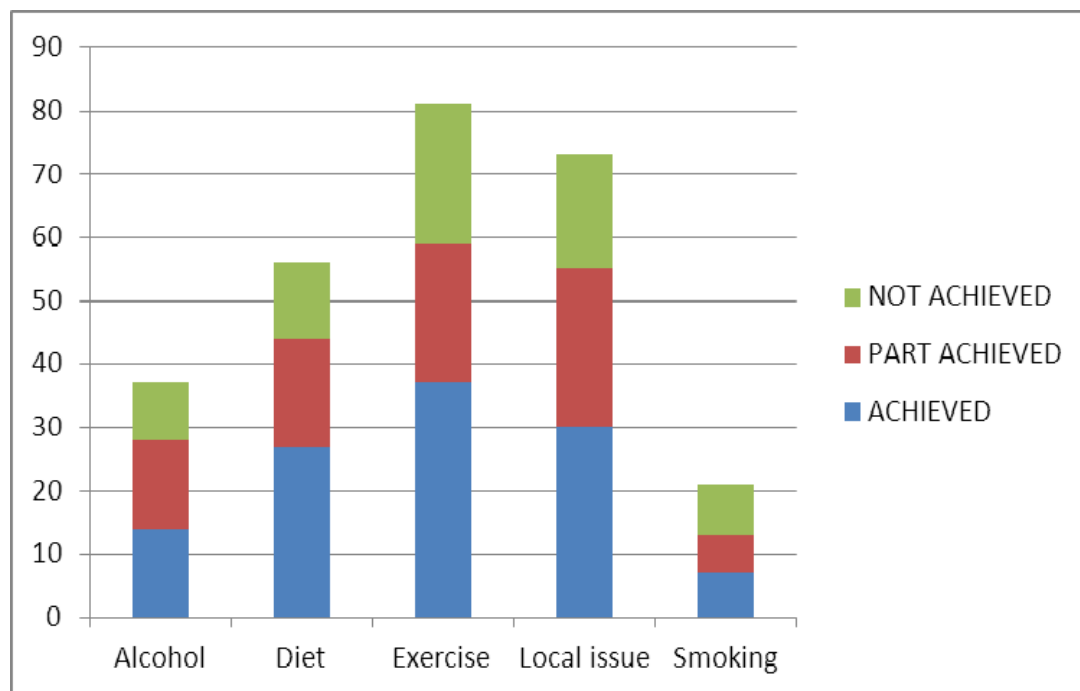
Signposting



Wellbeing improvement

Wellbeing measure	Sample size	Average values		
		Before	After	Change (%)
Self Efficacy	4	78.25	92.5	18.21% up ✓
General Health	26	50.38	78.08	54.98% up ✓
WHO-5	9	46.8	64.2	37.17% up ✓

Primary Issue vs PHP Outcome



Though numbers of offenders in system still small, the above give an indication of the data within DCRS which demonstrate links between the national Health Trainer programme data being collected in the DCRS and the '7 pathways to reducing risk of re offending'.