



# Health Trainers DCRS

National HUB Report

Produced by BPCSSA

A decorative graphic at the bottom of the page, featuring a series of overlapping, semi-transparent, light blue and grey rectangular blocks that create a sense of depth and movement. The blocks are arranged in a way that suggests a path or a sequence of steps.

**May 2010**  
Version 9

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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	
9	May 2010	NB: Minor amends carried out 28/06/10 after initial release to the National HUB meeting in June

**AUTHORS**

Compiled by: **Alexandra Gowers** (BPCSSA)  
 Reviewed by: **David Hopkinson & Ertan Fidan** (BPCSSA)

## 1. INTRODUCTION

### Background

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The Data Collection & Reporting System (DCRS) originally evolved through 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

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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

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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

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This report was compiled by BPCSSA. All feedback relating to the contents of this report is welcomed [htSupport@bpcssa.nhs.uk](mailto:htSupport@bpcssa.nhs.uk).

**Technical System Information - Version releases/development**

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Version	Date	Notes
V3.0	Ongoing	See below, currently in final specification stages, planned release for mid-July 2010.
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**

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Version 3	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 post 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.

## 2. CURRENT POSITION

This section is designed to provide a few summary facts surrounding system uptake, usage and system training carried out until 31<sup>st</sup> May 2010.

### USAGE SUMMARY

- There are currently 106 organisations actively using the system (20x 2,500+ clients, 18x 1,000+ clients, 34x 200+ clients, 34 new starters).
- There are over 135,000+ client records (121,000+ with single assessment, 4,500+ with multiple assessments and 10,000+ waiting for assessment or not contactable)
- 75 organisations are registered to use remote access tokens with over 900 now distributed nationally.
- 12 organisations entering Offender Health Data totalling 1,400+ clients.
- There are in total 148 Health Trainer Champions and 350 Trainee Health Trainers out of the total 1,900+ active Health Trainers.

### CUMULATIVE COUNT OF NEW CLIENTS

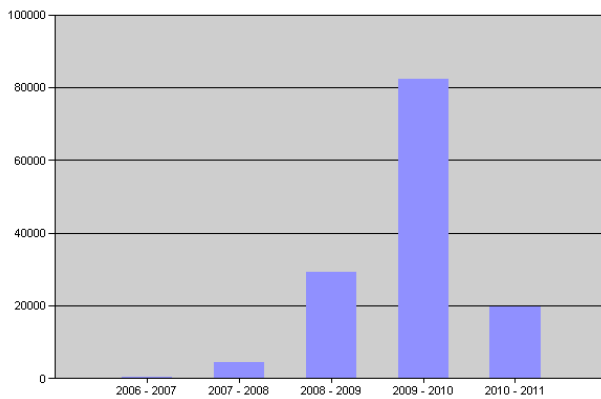
The tables below show significant DCRS usage growth. North West and West Midlands HUBs remain biggest system users however Yorkshire & Humber have entered most client records this financial year.

StHA	2006/07	2007/08	2008/09	2009/10	2010/11	Total
East Midlands	0	32	2006	7873	1525	<b>11436</b>
East of England	0	20	745	3264	1580	<b>5609</b>
London	0	0	1342	8043	1282	<b>10667</b>
North East	0	2	2261	6082	1548	<b>9893</b>
North West	54	1720	9777	20932	4137	<b>36620</b>
South Central	0	179	1164	2467	438	<b>4248</b>
South East Coast	0	0	591	2100	337	<b>3028</b>
South West	0	112	498	1458	423	<b>2491</b>
West Midlands	305	2210	8479	16714	3951	<b>31659</b>
Yorkshire & the Humber	0	243	2327	13223	4881	<b>20674</b>
<b>Total</b>	<b>359</b>	<b>4518</b>	<b>29190</b>	<b>82156</b>	<b>20102</b>	<b>136325</b>

National > All	2006/07	2007/08	2008/09	2009/10	2010/11	Total
Client Count	359	4518	29190	82156	20102	<b>136325</b>
Assessment Count	1043	6304	30666	76948	15164	<b>130125</b>
PHP Set	615	3735	17358	36694	7291	<b>65693</b>
Health Trainer Count	260	332	839	581	30	<b>2042</b>
Completed PHP	54.07%	52.57%	47.41%	41.24%	37.03%	
Signpost To	9.28%	7.51%	12.91%	18.47%	21.20%	
Deprivation Quintile 1	55.15%	51.18%	46.65%	45.41%	44.41%	
Deprivation Quintile 2	20.61%	17.04%	21.89%	21.81%	22.08%	
HT Champion Assessments		16	124	339	130	<b>609</b>
Offender Health Clients		15	203	1028	208	<b>1454</b>
New DCRS organisations	16	29	36	25	0	<b>106</b>
New Token Organisations		4	46	23	2	<b>75</b>
Reports				24095	4586	<b>24990</b>

## Health Trainer DCRS

National Report – 28th May 2010



Client Count	Count	Percent
	2006 - 2007	359
2007 - 2008	4519	3.33%
2008 - 2009	29190	21.49%
2009 - 2010	82157	60.48%
2010 - 2011	19618	14.44%

### Comment

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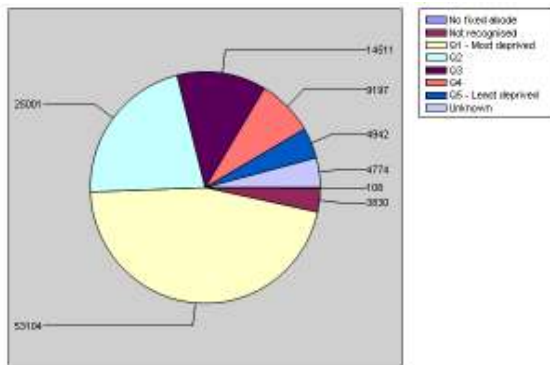
DCRS phase 1 was about getting HT services using DCRS regularly, phase 2 which is now well developed is about improving and refining system usage to continually seek to improve data and ensure services are able to report their service benefits efficiently and effectively.

### 3. CLIENT DEMOGRAPHICS

This section provides a series of summary charts that outlines the basic demographic profile of those clients attending Health Trainer services nationally prior to 31/03/2010.

#### DEPRIVATION STATUS QUINTILES

Sample size: **115,467**



Postcode Deprivation Status	Overall	
	Count	Percent
<b>Q1 - Most deprived</b>	53104	45.99%
<b>Q2</b>	25001	21.65%
<b>Q3</b>	14511	12.57%
<b>Q4</b>	9197	7.97%
<b>Q5 - Least deprived</b>	4942	4.28%
<b>Not recognised<sup>1</sup></b>	3830	3.32%
<b>Unknown<sup>2</sup></b>	4774	4.13%
<b>No fixed abode</b>	108	0.09%
	<b>115467</b>	<b>100%</b>

**Comment**

- Significant majority of clients in Q1 and Q2.
- Postcode deprivation scores are based on an overall average across of the following indicators<sup>3</sup>:
  - Income
  - Employment
  - Health Deprivation & Disability
  - Education, Skills & Training
  - Barriers to Housing & Services
  - Crime
  - Living Environment

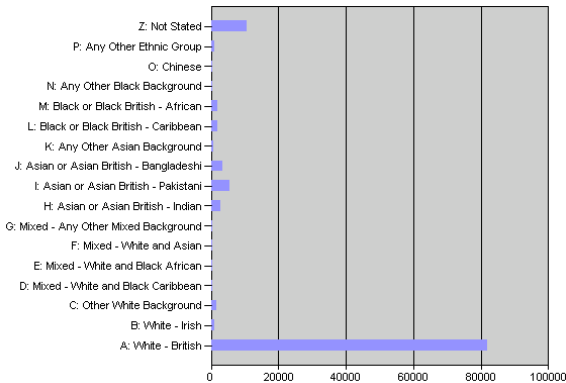
<sup>1</sup> 'Not recognised' is recorded when entered postcodes do not match an item in the national postcode list

<sup>2</sup> 'Unknown' is when the postcode field is intentionally left blank

<sup>3</sup> [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

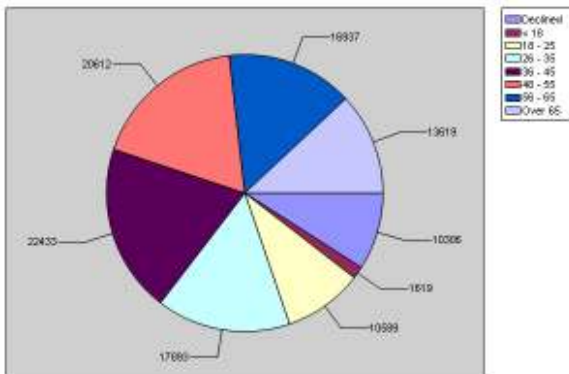
Sample size: 114,920



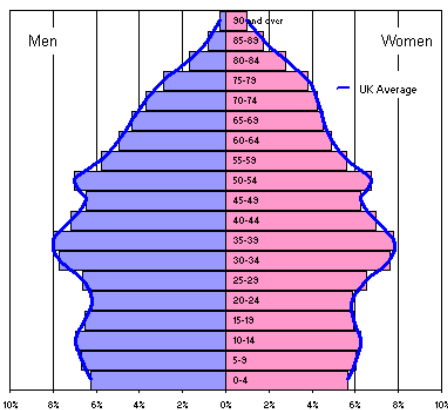
Ethnicity	Overall	
	Count	Percent
<b>A: White - British</b>	82051	71.40%
<b>B: White - Irish</b>	953	0.83%
<b>C: Other White Background</b>	1529	1.33%
<b>D: Mixed - White and Black Caribbean</b>	556	0.48%
<b>E: Mixed - White and Black African</b>	233	0.20%
<b>F: Mixed - White and Asian</b>	200	0.17%
<b>G: Mixed - Any Other Mixed Background</b>	314	0.27%
<b>H: Asian or Asian British - Indian</b>	2954	2.57%
<b>I: Asian or Asian British - Pakistani</b>	5640	4.91%
<b>J: Asian or Asian British - Bangladeshi</b>	3415	2.97%
<b>K: Any Other Asian Background</b>	651	0.57%
<b>L: Black or Black British - Caribbean</b>	1895	1.65%
<b>M: Black or Black British - African</b>	1955	1.70%
<b>N: Any Other Black Background</b>	586	0.51%
<b>O: Chinese</b>	273	0.24%
<b>P: Any Other Ethnic Group</b>	1182	1.03%
<b>Z: Not Stated</b>	10533	9.71%
	<b>114920</b>	<b>100.00%</b>

## AGE BAND

Sample size: 114,008



Age Band	Overall	
	Count	Percent
<b>&lt; 18<sup>4</sup></b>	1619	1.42%
<b>18 - 25</b>	10589	9.29%
<b>26 - 35</b>	17893	15.69%
<b>36 - 45</b>	22433	19.68%
<b>46 - 55</b>	20612	18.08%
<b>56 - 65</b>	16937	14.86%
<b>Over 65</b>	13619	11.95%
<b>Declined<sup>5</sup></b>	10306	9.04%
	<b>114008</b>	<b>100%</b>



National figures (for comparison)<sup>6</sup>

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.

<sup>4</sup> 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.

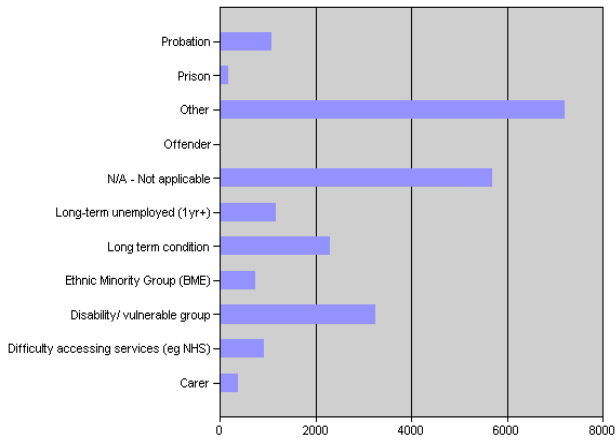
<sup>5</sup> Since v2.2 update, users are able to decline DOB

<sup>6</sup> <http://www.statistics.gov.uk/census2001/pyramids/pages/UK.asp>



## ADDITIONAL PERSONAL INFO

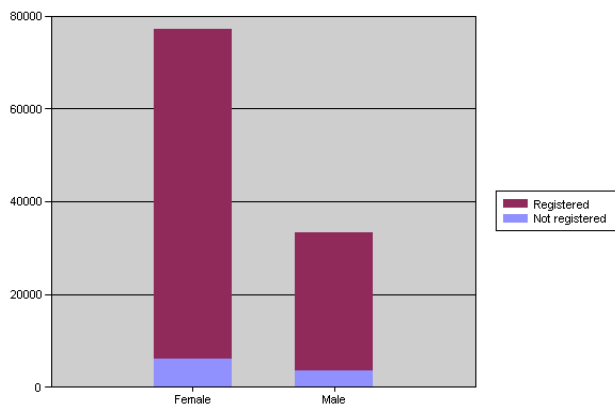
Sample size: **22,864**



Additional personal info	Overall	
	Count	Percent
<b>Carer</b>	380	1.66%
<b>Difficulty accessing services (eg NHS)</b>	923	4.04%
<b>Disability/ vulnerable group</b>	3239	14.17%
<b>Ethnic Minority Group (BME)</b>	733	3.21%
<b>Long term condition</b>	2291	10.02%
<b>Long-term unemployed (1yr+)</b>	1168	5.11%
<b>N/A - Not applicable</b>	5683	24.86%
<b>Prison</b>	173	0.76%
<b>Offender</b>	2	0.01%
<b>Probation</b>	1072	4.69%
<b>Other<sup>7</sup></b>	7200	31.49%
<b>Total</b>	<b>22864</b>	<b>100.00%</b>

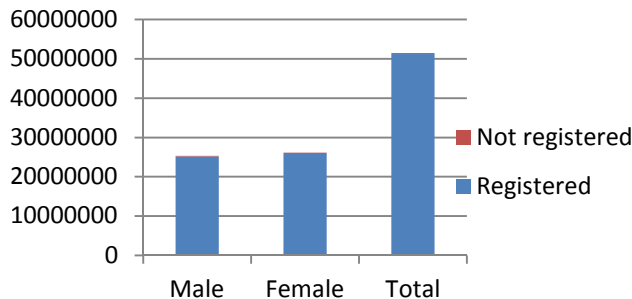
## GP REGISTRATION

Sample size: **110,510**



GP registration	Overall	
	Count	Percent
<b>Not Registered</b>	<b>9610</b>	<b>8.70%</b>
Male	3601	3.26%
Female	6009	5.44%
<b>Registered</b>	<b>100900</b>	<b>91.31%</b>
Male	29778	26.95%
Female	71122	64.36%
<b>Total</b>	<b>110510</b>	<b>100.00%</b>

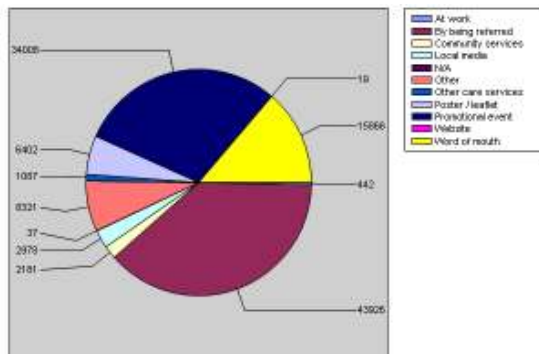
### National figures (for comparison)



<sup>7</sup> Selecting 'other' currently lets users to specify their own freetext items, these can be made available for bespoke review upon request.

## HOW HEARD ABOUT THE SERVICE

Sample size: 115,267



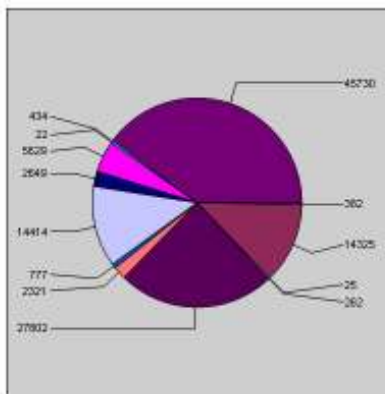
How heard about the service	Overall	
	Count	Percent
At work	442	0.38%
By being referred	43926	38.11%
Community services	2181	1.89%
Local media	2978	2.58%
Other care services	1087	0.94%
Poster / leaflet	6402	5.55%
Promotional event	34008	29.50%
Website	19	0.02%
Word of mouth	15866	13.76%
N/A	37	0.03%
Other	8321	7.22%
<b>Total</b>	<b>115267</b>	<b>100.00%</b>

## 4. ASSESSMENT OVERVIEW

This section reviews the assessment source, primary issue and ultimate outcome of those carry out PHP plans for client assessments added prior to 31/03/2010.

### REFERRAL SOURCE

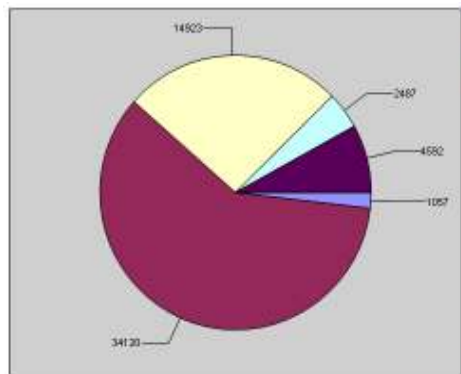
Sample size: 114,772



Referral Source	Overall	
	Count	Percent
Advice and Guidance	382	0.33%
Community / voluntary services	14325	12.48%
Disability services	25	0.02%
Emotional wellbeing services	262	0.23%
GP or other primary care services	27802	24.22%
Health Trainer Services	2321	2.02%
Hospital services	777	0.68%
Lifestyle Risk Management Services	14414	12.56%
Local authority services	2649	2.31%
Other	5629	4.90%
Prison	22	0.02%
Probation	434	0.38%
Self	45730	37.84%
<b>Total</b>	<b>114772</b>	<b>100.00%</b>

### PRIMARY ISSUE

Sample size: 57,179

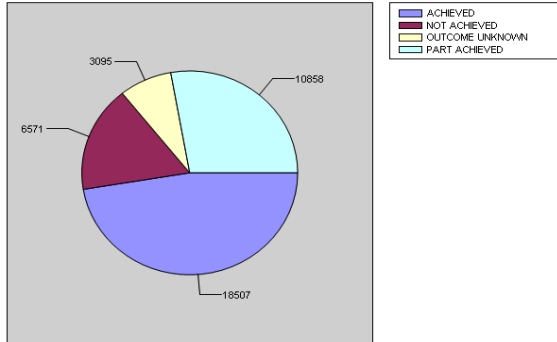


Primary Issue	Overall	
	Count	Percent
Diet	34120	59.67%
Exercise	14923	26.10%
Local issue – Emotional wellbeing <sup>8</sup>	4592	8.03%
Smoking	2487	4.35%
Alcohol	1057	1.85%
<b>Total</b>	<b>57179</b>	<b>100.00%</b>

<sup>8</sup> 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.

PERSONAL HEALTH PLAN OUTCOME

Sample size: **39,031**



Personal Health Plan outcome	Overall	
	Count	Percent
<b>ACHIEVED</b>	18507	47.24%
<b>PART ACHIEVED</b>	10858	27.82%
<b>NOT ACHIEVED</b>	6571	16.84%
<b>OUTCOME UNKNOWN<sup>9</sup></b>	3095	7.93%
	<b>39031</b>	<b>100%</b>

Comment

- A combined 75% of completed personal health plans are achieved/ part achieved.

PHP OUTCOME VS CLIENT DEPRIVATION

Sample Size: **39,842**

	ACHIEVED & PART ACHIEVED		NOT ACHIEVED		OUTCOME UNKNOWN		Total
<b>No fixed abode</b>	18	64.29%	3	10.71%	7	25.00%	<b>28</b>
<b>Q1 - Most deprived</b>	14146	75.24%	3125	16.62%	1529	8.13%	<b>18800</b>
<b>Q2</b>	6514	74.59%	1482	16.97%	737	8.44%	<b>8733</b>
<b>Q3</b>	3948	75.72%	897	17.20%	369	7.08%	<b>5214</b>
<b>Q4</b>	2454	75.18%	510	15.63%	300	9.19%	<b>3264</b>
<b>Q5 - Least deprived</b>	1328	76.41%	260	14.96%	150	8.63%	<b>1738</b>
<b>Unknown</b>	605	68.91%	197	22.44%	76	8.66%	<b>878</b>
<b>Total</b>	<b>29935</b>	<b>75.13%</b>	<b>6681</b>	<b>16.77%</b>	<b>3226</b>	<b>8.10%</b>	<b>39842</b>

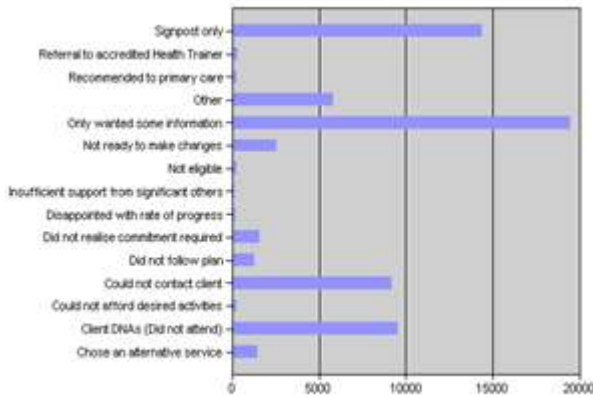
Comment

With the exception of ‘no fixed abode’ which has low sample size, success rates are similar regardless of deprivation quintile with the notable exception of those clients where no postcode is given, see ‘unknown’ above.

<sup>9</sup> Outcome unknown consists of DNA and client not contactable responses.

## REASONS FOR NOT COMPLETING A PHP

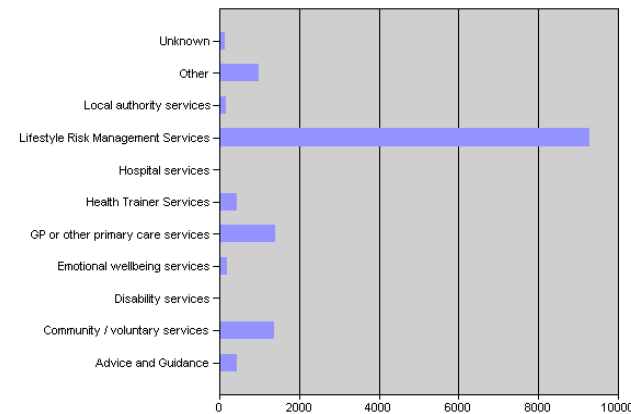
Sample size: **90,467**



Sign-off reason	Overall	
	Count	Percent
<b>Only wanted some information</b>	19496	29.27%
<b>Signpost only</b>	14406	21.63%
<b>Client DNAs (Did not attend)</b>	9581	14.39%
<b>Could not contact client</b>	9199	13.81%
<b>Other</b>	5801	8.71%
<b>Not ready to make changes</b>	2557	3.84%
<b>Did not realise commitment required</b>	1565	2.35%
<b>Chose an alternative service</b>	1458	2.19%
<b>Did not follow plan</b>	1285	1.93%
<b>Referral to accredited Health Trainer</b>	277	0.42%
<b>Not eligible</b>	224	0.34%
<b>Could not afford desired activities</b>	219	0.33%
<b>Recommended to primary care</b>	221	0.33%
<b>Disappointed with rate of progress</b>	168	0.25%
<b>Insufficient support from significant others</b>	146	0.22%
<b>Total</b>	<b>66603</b>	<b>100.00%</b>

## SIGNPOSTING BREAKDOWN

Sample size: **14,406**



Signpost to	Overall	
	Count	Percent
<b>Lifestyle Risk Management Services</b>	9303	64.58%
<b>GP or other primary care services</b>	1393	9.67%
<b>Community / voluntary services</b>	1356	9.41%
<b>Other</b>	989	6.87%
<b>Health Trainer Services</b>	444	3.08%
<b>Advice and Guidance</b>	439	3.05%
<b>Emotional wellbeing services</b>	178	1.24%
<b>Local authority services</b>	167	1.16%
<b>Unknown</b>	124	0.86%
<b>Hospital services</b>	11	0.08%
<b>Disability services</b>	2	0.01%
<b>Total</b>	<b>14406</b>	<b>100.00%</b>

## 5. CLIENT ASSESSMENT REPORTED BENEFITS

This section is designed to review the outcomes achieved by clients (prior to 31/03/2010) carrying out Health Trainer personal health plans through analysis of change (i.e. before Vs after).

### PRE & POST ASSESSMENT RESULTS (NON PRIMARY ISSUE SPECIFIC)

Outcome	Sample size	Average values		Change (%)
		Before	After	
BMI	7822	34.01	32.54	4.32% down ✓
Fruit & vegetable portions consumed per day	5081	3.06	5.05	60.59% up ✓
Fried, high fat and snack portions consumed per day	11585	1.78	0.33	81.46% down ✓
Alcohol	1928	11.75	6.39	45.62% down ✓
Smoking	4128	6.31	2.55	59.58% down ✓
Vigorous exercise sessions per week	3038	0.95	3.05	221.05% up ✓
Moderate exercise sessions per week	4100	3.89	5.28	26.32% up ✓

#### Comment

- Pre-post assessment measurements are non-mandatory hence lower sample sizes. Results are only included when before and after values are recorded.
- Based on before and after results the Health Trainer service continues to show clear and consistent improvements in all change areas.

### PRE & POST ASSESSMENT RESULTS (PRIMARY ISSUE SPECIFIC)

Outcome	Sample size	Average values		Change (%)
		Before	After	
BMI	7647	34.12	32.63	4.36% Down ✓
Fruit & vegetable portions consumed per day	4735	3.06	5.13	67.64% Up ✓
Fried, high fat and snack portions consumed per day	9991	2.08	0.4	80.76% Down ✓
Alcohol	119	56.03	21.07	62.39% Down ✓
Smoking	1201	18.89	4.88	74.16% Down ✓
Vigorous exercise sessions per week	1355	0.6	1.93	221.66% Up ✓
Moderate exercise sessions per week	2037	3.47	4.99	43.80% Up ✓

Comment

- These results have lower sample sizes as the results have been filtered by primary issue (e.g. vigorous exercise results were filtered for 'primary issue = exercise'.
- As can be seen slightly higher % results are achieved in most instances.

WELLBEING IMPROVEMENT

Wellbeing measure	Sample size	Average values		
		Before	After	Change (%)
Self Efficacy	7932	73.83	80.02	7.85% up ✓
General Health	7862	48.76	67.15	37.71% up ✓
WHO-5	4824	43.97	61.16	46.81% up ✓

Comment

- 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.

PHP OUTCOME VS REFERRAL SOURCE

Sample Size: 38,730

	ACHIEVED & PART ACHIEVED		NOT ACHIEVED		OUTCOME UNKNOWN		TOTAL
Advice and Guidance	163	84.46%	12	6.22%	18	9.33%	193
Community / voluntary services	2912	76.23%	659	17.25%	249	6.52%	3820
Disability services	7	100.00%	0	0.00%	0	0.00%	7
Emotional wellbeing services	115	85.82%	10	7.46%	9	6.72%	134
GP or other primary care services	7488	71.40%	1875	17.88%	1125	10.73%	10488
Health Trainer Services	380	74.95%	87	17.16%	40	7.89%	507
Hospital services	194	69.04%	60	21.35%	27	9.61%	281
Lifestyle Risk Management Services	3143	72.91%	928	21.53%	240	5.57%	4311
Local authority services	475	71.54%	110	16.57%	79	11.90%	664
Other	1574	76.74%	368	17.94%	109	5.31%	2051
Prison	0	0.00%	0	0.00%	0	0.00%	0
Probation	154	70.64%	62	28.44%	2	0.92%	218
Self	12519	77.97%	2311	14.39%	1226	7.64%	16056
<b>Total</b>	<b>29124</b>	<b>75.20%</b>	<b>6482</b>	<b>16.74%</b>	<b>3124</b>	<b>8.07%</b>	<b>38730</b>

Comment

- Advisory and emotional wellbeing service resulted in the highest PHP outcome success rates although unfortunately client numbers were low. Hospital services and probation the lowest
- NB: Disability services has been discounted from above summation due to sample size.

## PHP OUTCOME VS CONTACT COUNT

Sample Size: 38,543	ACHIEVED & PART ACHIEVED		NOT ACHIEVED		OUTCOME UNKNOWN		TOTAL
<b>No contacts</b>	4210	70.10%	1294	21.55%	502	8.36%	<b>6006</b>
<b>Single contact</b>	5699	70.42%	1792	22.14%	602	7.44%	<b>8093</b>
<b>Two contacts</b>	2112	61.40%	894	25.99%	434	12.62%	<b>3440</b>
<b>Three contacts</b>	2106	67.89%	669	21.57%	327	10.54%	<b>3102</b>
<b>Four contacts</b>	2299	74.74%	485	15.77%	292	9.49%	<b>3076</b>
<b>Five contacts</b>	2274	79.71%	353	12.37%	226	7.92%	<b>2853</b>
<b>Six contacts</b>	1382	80.72%	196	11.45%	134	7.83%	<b>1702</b>
<b>Seven contacts</b>	1636	82.63%	210	10.61%	134	6.77%	<b>1980</b>
<b>Eight contacts</b>	1395	85.90%	148	9.11%	81	4.99%	<b>1624</b>
<b>Nine contacts</b>	1017	83.91%	113	9.32%	82	6.77%	<b>1212</b>
<b>Ten contacts</b>	870	85.71%	82	8.08%	63	6.21%	<b>1015</b>
<b>Over Ten contacts</b>	3867	87.09%	326	7.34%	247	5.56%	<b>4440</b>
<b>Total</b>	<b>28737</b>	<b>75.38%</b>	<b>6642</b>	<b>16.44%</b>	<b>3164</b>	<b>8.18%</b>	<b>38543</b>

### Comment

- Firstly a note of caution, the recording of individual client contacts within DCRS is not mandatory so not all services mandate that staff record this.
- Reasonable linearity showing a higher number of contact results in higher success rates, however the growth in success rate largely diminishes after 5 contacts.

## PHP OUTCOME VS PRIMARY ISSUE

Sample Size: 36,767	ACHIEVED & PART ACHIEVED		NOT ACHIEVED		OUTCOME UNKNOWN		TOTAL
<b>Alcohol</b>	483	70.20%	108	15.70%	97	14.10%	<b>688</b>
<b>Diet</b>	16614	77.26%	2972	13.82%	1919	8.92%	<b>21505</b>
<b>Exercise</b>	7506	80.06%	1176	12.54%	693	7.39%	<b>9375</b>
<b>Local issue</b>	1643	83.32%	226	11.46%	103	5.22%	<b>1972</b>
<b>Smoking</b>	2126	65.88%	812	25.16%	289	8.96%	<b>3227</b>
<b>Total</b>	<b>28372</b>	<b>77.17%</b>	<b>5294</b>	<b>14.40%</b>	<b>3101</b>	<b>8.43%</b>	<b>36767</b>

### Comment

- Local issue (i.e. Emotional wellbeing) & exercise PHPs result in greatest achievement rates.



## PHP OUTCOME VS PHP GOAL COUNT

Sample Size: 37,719	ACHIEVED & PART ACHIEVED		NOT ACHIEVED		OUTCOME UNKNOWN		TOTAL
No goals	4450	70.74%	1334	21.20%	507	8.06%	6291
Single goal	8762	70.89%	2225	18.00%	1373	11.11%	12360
Two goals	6198	80.28%	907	11.75%	615	7.97%	7720
Three goals	3819	82.38%	484	10.44%	333	7.18%	4636
Four goals	2271	86.12%	206	7.81%	160	6.07%	2637
Five goals	1314	88.37%	104	6.99%	69	4.64%	1487
Six goals	837	91.48%	51	5.57%	27	2.95%	915
Seven goals	485	90.82%	29	5.43%	20	3.75%	534
Eight goals	317	92.42%	18	5.25%	8	2.33%	343
Nine goals	180	90.00%	16	8.00%	4	2.00%	200
Ten goals	158	91.33%	9	5.20%	6	3.47%	173
Over Ten goals	396	93.62%	19	4.49%	8	1.89%	423
<b>Total</b>	<b>29187</b>	<b>77.38%</b>	<b>5402</b>	<b>14.32%</b>	<b>3130</b>	<b>8.30%</b>	<b>37719</b>

### Comment

- Strong linearity showing a higher number of PHP goals resulting in higher success rates, however the growth in success rate largely diminishes after 5 goals.
- NB: Staff setting Personal Health Plans but not subsequently recording PHP goals is considered a data quality issue which is being addressed (see section 9).

## PHP OUTCOME VS PHP DURATION

Sample Size: 37,891	ACHIEVED & PART ACHIEVED		NOT ACHIEVED		OUTCOME UNKNOWN		Total
Same day *	1766	78.18%	349	15.45%	144	6.37%	2259
2 - 7 days	210	70.23%	65	21.74%	24	8.03%	299
8 - 15 days	731	64.24%	325	28.56%	82	7.21%	1138
16 - 30 days	1803	74.44%	469	19.36%	128	5.28%	2422
31 - 60 days	3760	74.15%	937	18.48%	374	7.38%	5071
61 - 90 days	4525	78.48%	827	14.34%	414	7.18%	5766
91 - 120 days	4331	78.96%	703	12.82%	451	8.22%	5485
121 - 150 days	2933	79.16%	441	11.90%	331	8.93%	3705
151 - 180 days	2226	78.74%	329	11.64%	272	9.62%	2827
181 - 270 days	4225	78.46%	586	10.88%	574	10.66%	5385
271 - 365 days	1551	77.28%	222	11.06%	234	11.66%	2007
Over 365 days	1188	76.69%	154	9.94%	207	13.36%	1549
<b>Total</b>	<b>29249</b>	<b>73.76%</b>	<b>5407</b>	<b>16.48%</b>	<b>3235</b>	<b>7.83%</b>	<b>37891</b>

### Comment

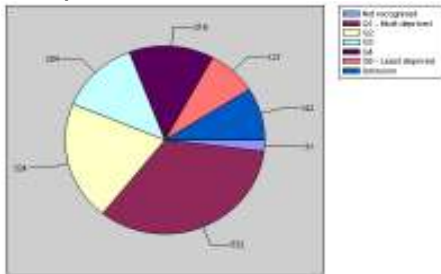
- PHP Duration is the time between PHP start date and PHP sign-off date.
- Achievement rates peak between 61-270 days, however 61-90 day successes may be best targeted to reduce staff effort per client (thus enabling them to see more clients).
- \* NB: Same day sign-offs (where PHP start date = PHP sign-off date) is a data quality issue. Version 3 of the system removes default dates, this is expected to significantly address this issue, this will continue to be monitored thereafter.

## 6. HEALTH TRAINER PROFILE

This section reviews the demographic profiles of Health Trainers added to DCRS prior to 31/03/2010.

### DEPRIVATION STATUS QUINTILES

Sample size: **1,549**



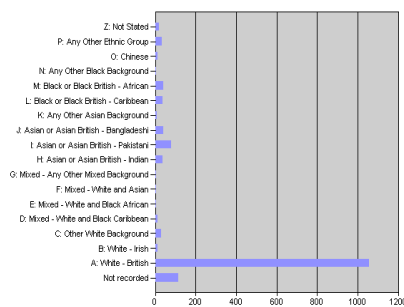
Health Trainer Postcode Deprivation Status	Overall	
	Count	Percent
Q1 - Most deprived	532	34.34%
Q2	324	20.92%
Q3	204	13.17%
Q4	216	13.94%
Q5 - Least deprived	127	8.20%
Not recognised	31	2.00%
Unknown	115	7.42%
<b>Total</b>	<b>1549</b>	<b>100.00%</b>

#### Comments

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

### ETHNICITY

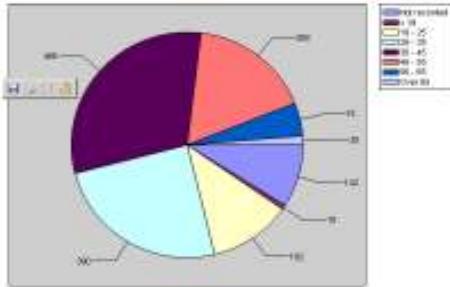
Sample size: **1,549**



Health Trainer Ethnicity	Overall	
	Count	Percent
A: White - British	1057	68.24%
B: White - Irish	12	0.77%
C: Other White Background	29	1.87%
D: Mixed - White and Black Caribbean	12	0.77%
E: Mixed - White and Black African	4	0.26%
F: Mixed - White and Asian	5	0.32%
G: Mixed - Any Other Mixed Background	2	0.13%
H: Asian or Asian British - Indian	38	2.45%
I: Asian or Asian British - Pakistani	81	5.23%
J: Asian or Asian British - Bangladeshi	41	2.65%
K: Any Other Asian Background	8	0.52%
L: Black or Black British - Caribbean	36	2.32%
M: Black or Black British - African	40	2.58%
N: Any Other Black Background	5	0.32%
O: Chinese	11	0.71%
P: Any Other Ethnic Group	33	2.13%
Z: Not Stated	20	1.29%
Not Recorded	115	7.42%
<b>Total</b>	<b>1549</b>	<b>100.00%</b>

## AGE BAND

Sample size: **1,451**



Age Band	Overall	
	Count	Percent
< 18	10	0.70%
18 - 25	182	12.69%
26 - 35	390	27.20%
36 - 45	488	34.03%
46 - 55	269	18.76%
56 - 65	75	5.23%
Over 65	20	1.39%
<b>Total</b>	<b>1434</b>	<b>100.00%</b>

## PHP OUTCOME VS HT DEPRIVATION QUINTILES

Sample Size: **35,476**

	ACHIEVED & PART ACHIEVED		NOT ACHIEVED		OUTCOME UNKNOWN		Total
Q1 - Most deprived	2142	36.43%	1131	38.13%	10235	38.43%	<b>13508</b>
Q2	1312	22.32%	741	24.98%	6236	23.42%	<b>8289</b>
Q3	833	14.17%	313	10.55%	3291	12.36%	<b>4437</b>
Q4	612	10.41%	376	12.68%	2814	10.57%	<b>3802</b>
Q5 - Least deprived	273	4.64%	249	8.40%	1511	5.67%	<b>2033</b>
Unknown	707	12.03%	156	5.26%	2544	9.55%	<b>3407</b>
<b>Total</b>	<b>5879</b>	<b>100.00%</b>	<b>2966</b>	<b>100.00%</b>	<b>26631</b>	<b>100.00%</b>	<b>35476</b>

### Comments

- Health Trainers living in Q1 areas achieve results fairly consistent to those in other areas.

## PHP OUTCOME VS HEALTH TRAINER EDUCATION

Sample Size: **32,614**

	ACHIEVED & PART ACHIEVED		NOT ACHIEVED		OUTCOME UNKNOWN		Total
College (e.g. A-level)	7189	29.49%	1899	35.23%	874	30.71%	<b>9962</b>
Na	4196	17.21%	806	14.95%	447	15.71%	<b>5449</b>
School (e.g. GCSE)	6951	28.51%	1349	25.02%	667	23.44%	<b>8967</b>
University	6041	24.78%	1337	24.80%	858	30.15%	<b>8236</b>
<b>Total</b>	<b>24377</b>	<b>100.00%</b>	<b>5391</b>	<b>100.00%</b>	<b>2846</b>	<b>100.00%</b>	<b>32614</b>

### Comments

- Health Trainers without any formal qualification appear to achieve marginally higher success rates than those with University degrees.
- NB: May also be worthwhile also reviewing client per HT (i.e. throughput rates) at a later date to see if those are comparable also.

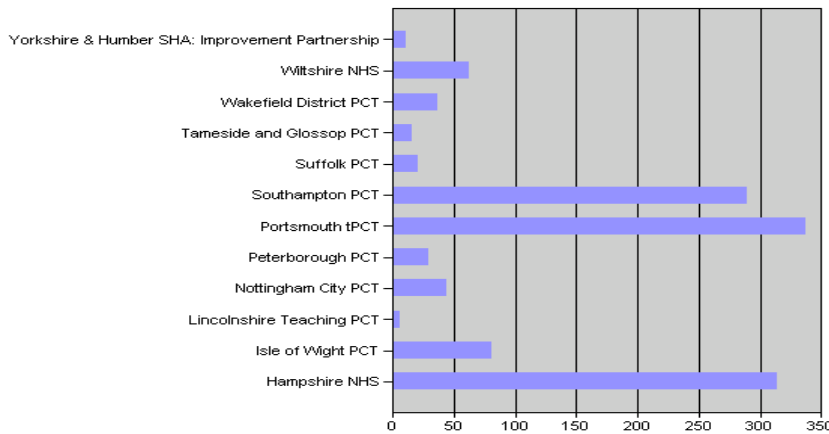
## 7. OFFENDER HEALTH

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 pathways<sup>10</sup> to reducing risk of re offending:

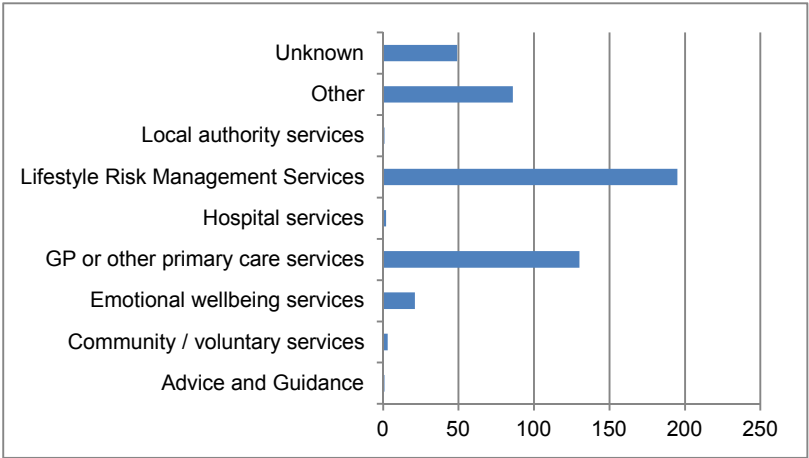
- Alcohol and drugs
- Physical and Mental Health
- Employment training and education
- Accomodation
- Attitudes thinking and behaviour
- Finance, benefit and dept
- Children Families and community support

## OFFENDER DCRS USAGE SUMMARY

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



## OFFENDER SIGNPOSTING



<sup>10</sup>[http://www.noms.justice.gov.uk/managing-offenders/reducing\\_re-offending/reducing\\_re-offending\\_pathways/](http://www.noms.justice.gov.uk/managing-offenders/reducing_re-offending/reducing_re-offending_pathways/)

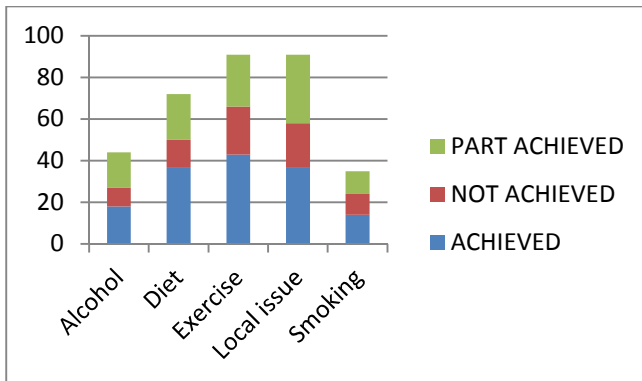
## OFFENDER WELLBEING IMPROVEMENT

Wellbeing measure	Sample size	Average values		
		Before	After	Change (%)
Self Efficacy	4	77	89	15.58% up ✓
General Health	26	51.43	77.71	51.09% up ✓
WHO-5	9	44.48	64.61	38.51% up ✓

### Comments

Whilst sample sizes are still too low to draw conclusions it is noted that compared to the overall HT client base general health and self-efficacy results are significantly higher.

## OFFENDER PRIMARY ISSUE VS PHP OUTCOME



	ACHIEVED	NOT ACHIEVED	PART ACHIEVED
Alcohol	18	9	17
Diet	37	13	22
Exercise	43	23	25
Local issue	37	21	33
Smoking	14	10	11

## 8. AGE BAND REVIEW

This section provides some in-depth results for clients assessments added prior to 31/03/2010. It concentrates on a specific client demographic field (age-band in this instance) and compares it to various PHP performance indicators to see if there are any results which provide interesting linearity (or non-linearity!).

### BMI VS AGE

Sample Size: **7,843**

BMI Vs Age	Sample Size	Average values		
		Before	After	Change (%)
<18	44	28.26	27.61	2.30% down ✓
18 – 25	465	32.47	31.44	3.17% down ✓
26 – 35	1135	33.71	32.52	3.53% down ✓
36 – 45	1729	34.47	32.92	4.49% down ✓
46 – 55	1677	34.92	33.19	4.95% down ✓
56 - 65	1608	34.28	32.73	4.52% down ✓
Over 65	1040	32.93	31.48	4.40% down ✓

#### Comments

- Higher BMI loss for higher age groups.

### FRUIT & VEGETABLE VS AGE

Sample Size: **5,827**

F&V Vs Age	Sample Size	Average values		
		Before	After	Change (%)
<18	39	2.49	4.36	75.10% Up ✓
18 – 25	359	2.14	3.93	83.64% Up ✓
26 – 35	818	2.36	4.57	93.64% Up ✓
36 – 45	1254	2.66	4.84	81.95% Up ✓
46 – 55	1247	3.2	5.25	64.06% Up ✓
56 - 65	1200	3.63	5.5	51.51% Up ✓
Over 65	834	3.77	5.48	45.35% Up ✓

#### Comments

- Greater change for younger age groups (with natable exception of under 18s), however younger age groups also have lower initial intake.

## FRIED FOOD VS AGE

Sample Size: 15,698

F&V Vs Age	Sample Size	Average values		
		Before	After	Change (%)
<18	179	2.24	-0.43	80.80% Down ✓
18 – 25	1529	2.05	-0.3	85.36% Down ✓
26 – 35	2656	2.07	-0.35	83.09% Down ✓
36 – 45	3535	1.97	-0.35	82.23% Down ✓
46 – 55	3174	1.69	-0.32	81.06% Down ✓
56 - 65	2492	1.6	-0.35	78.12% Down ✓
Over 65	1798	1.23	-0.32	73.98% Down ✓

### Comments

- Greatest change for younger age groups whose diet is initially worse also.

## ALCOHOL VS AGE

Sample Size: 2,244

Alcohol Vs Age	Sample Size	Average values		
		Before	After	Change (%)
<18	13	12.62	9.38	25.67% Down ✓
18 – 25	144	12.87	5.74	55.40% Down ✓
26 – 35	283	10.53	6.16	41.50% Down ✓
36 – 45	488	14.55	7.57	47.97% Down ✓
46 – 55	492	11.69	5.96	49.01% Down ✓
56 - 65	497	10.96	6.81	37.86% Down ✓
Over 65	313	8.88	5.04	43.24% Down ✓

### Comments

- Greatest change for 18-35, but limited linearity.

## SMOKING VS AGE

Sample Size: 4,682

Smoking Vs Age	Sample Size	Average values		
		Before	After	Change (%)
<18	61	9.93	3.74	62.33% Down ✓
18 – 25	363	7.91	3.49	55.87% Down ✓
26 – 35	731	7.2	2.62	63.61% Down ✓
36 – 45	1079	7.66	3.2	58.22% Down ✓

## Health Trainer DCRS

National Report – 28th May 2010

46 – 55	966	6.7	2.82	57.91% Down ✓
56 - 65	880	5.25	2.27	56.76% Down ✓
Over 65	602	3.09	0.99	67.96% Down ✓

### Comments

- Little linearity (over 65s showing greatest success however).

## VIGOROUS EXERCISE VS AGE

Sample Size: 3,497

Vigorous Exercise Vs Age	Sample Size	Average values		
		Before	After	Change (%)
<18	21	1.86	3.9	109.0% Up ✓
18 – 25	241	1.14	2.83	148.24% Up ✓
26 – 35	484	0.9	2.05	127.77% Up ✓
36 – 45	785	1.15	1.91	66.08% Up ✓
46 – 55	742	0.75	1.72	129.33% Up ✓
56 - 65	701	0.53	1.29	143.39% Up ✓
Over 65	469	0.52	0.97	86.53% Up ✓

### Comments

- Significant improvement dip for 36-45.

## MODERATE EXERCISE VS AGE

Sample Size: 4,811

Moderate Exercise Vs Age	Sample Size	Average values		
		Before	After	Change (%)
<18	27	3.15	4.56	44.76% Up ✓
18 – 25	308	3.71	5.82	56.87% Up ✓
26 – 35	633	3.48	4.93	41.66% Up ✓
36 – 45	1048	4.39	5.68	29.38% Up ✓
46 – 55	1041	3.21	5.21	62.30% Up ✓
56 - 65	993	4.48	5.23	16.74% Up ✓
Over 65	673	3.85	5.36	39.22% Up ✓

### Comments

- Limited linearity.



## SELF EFFICACY VS AGE

Sample Size: 8,018

Self Efficacy Vs Age	Sample Size	Average values		
		Before	After	Change (%)
< 18	54	72.13	79.13	9.70% Up ✓
18 – 25	541	71.39	79.43	11.62% Up ✓
26 – 35	1255	73.28	80.3	9.57% Up ✓
36 – 45	1859	73.77	80.21	8.72% Up ✓
46 – 55	1678	73.77	79.55	7.83% Up ✓
56 - 65	1508	74.54	80.13	7.49% Up ✓
Over 65	1114	75.12	80.34	6.94% Up ✓

### Comments

- Greatest improvement for younger age groups (except <18).
- Interestingly all groups start and finish with a similar score.

## GENERAL HEALTH VS AGE

Sample Size: 7,936

General Health Vs Age	Sample Size	Average values		
		Before	After	Change (%)
< 18	57	48.95	63.86	30.45% Up ✓
18 – 25	539	46.35	67.31	45.22% Up ✓
26 – 35	1240	47.1	67.02	42.29% Up ✓
36 – 45	1810	47.07	67.2	42.76% Up ✓
46 – 55	1642	46.7	66.43	42.24% Up ✓
56 - 65	1446	51.13	67.56	32.13% Up ✓
Over 65	1153	54.49	67.87	24.55% Up ✓

### Comments

- Greatest improvement for younger age groups (except <18).
- Interestingly all groups finish with a similar score.

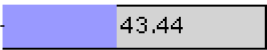

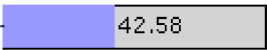

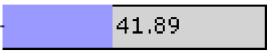







## WHO 5 VS AGE

Sample Size: 4,895

Who 5 Vs Age	Sample Size	Average values		
		Before	After	Change (%)
< 18	26	36.65	65.08	77.57% Up ✓

## Health Trainer DCRS

National Report – 28th May 2010

18 – 25	395	 43.44	 62.76	44.47% Up ✓
26 – 35	812	 42.58	 61.47	44.36% Up ✓
36 – 45	1064	 41.89	 60.93	45.45% Up ✓
46 – 55	947	 42.99	 60.12	37.84% Up ✓
56 - 65	930	 46.01	 61.79	34.29% Up ✓
Over 65	721	 48.16	 60.9	26.45% Up ✓

### Comments

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- Significantly greater improvement for younger age groups (but also lower starting points).

## 9. DATA QUALITY MONITORING

In the current financial climate, moving forward DCRS organisations must be able to demonstrate their service benefits and also the methods being used to improve results and service throughput further. BPCSSA for it's part needs to play a more pro-active role to ensure services can report their data and to encourage/ support organisations to audit their data and address any key data quality issues.

### WITH/ WITHOUT ASSESSMENT BREAKDOWN

Sample Size: **115,868**

Personal Health Plan outcome	Financial years							
	2007-08		2008-09		2009-10		2010-2011	
Sample Size	4519	100%	29191	100%	82158	100%	20106	100%
Clients With Assessments	4303	95.22%	28365	97.17%	76444	93.05%	16438	81.76%
Clients Without Assessments	216	4.78%	826	2.83%	5714	6.95%	3668	18.24% <sup>11</sup>

#### Comment

New system rollouts and greater data collection has resulted in a growth of client records without an assessment record. This issue is being monitored closely. It is only currently dealt with through manager ADT training sessions but data quality MOTs to be delivered by BPCSSA post V3 rollout will likely help address this issue.

### PHP'S WITHOUT PHP GOALS

Sample Size: **37,412**

Personal Health Plan outcome	Financial years									
	2006-07		2007-08		2008-09		2009-10		2010-2011	
Sample Size	332	100%	2078	100%	9898	100%	25104	100%	5502	100%
No Goal	165	49.70%	663	31.91%	1743	31.91%	3990	15.89%	516	9.38%
Goal Set	167	50.30%	1415	68.09%	8155	68.09%	21114	84.11%	4986	90.62%

#### Comment

Setting Personal Health plans without adding PHP goals is gradually seeing a marked improvement.

<sup>11</sup> Many services load clients into DCRS centrally, then pass client IDs to HTs to follow up with clients, as a result therefore more recent figures falsely suggest a significant rise in clients without assessments.

## 10 . R E P O R T I N G

These tables highlight a very significant number of reports are being run via the DCRS reporting module (figures below are for 2009-10). The tool allows a wide range of report types to be rapidly produced (virtually all reports within the document were produced by it!).

DCRS Report Data Type	Count
Clients	8153
Assessments	9279
PHP Goals	2609
Wellbeing	473
Reviews	323
Post Assessments	619
Client Contacts	1418
Health Trainers	1047
Organisation	49
<b>Total:</b>	<b>23270</b>

DCRS Audit Report Type	Count
Client Audit	342
Assessment Audit	182
<b>Total:</b>	<b>329</b>

DCRS Service Report Type	Count
Reaching the 'hard to reach'	147
Delivering sustained improvement	162
Increasing capacity and capability	106
Encouraging NHS and local service use	81
<b>Total:</b>	<b>496</b>