

Health Trainers DCRS

East of England HUB Report

Produced by BPCSSA

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A decorative graphic at the bottom of the page consisting of several overlapping, semi-transparent, light blue and grey geometric shapes that resemble a stylized, abstract landscape or a series of connected planes.

January 2011
V0.1 (DRAFT)

CONTENTS

1. Report Highlights.....	3
2. Current Position	4
3. Client Demographics.....	6
4. Assessment Overview.....	11
5. Key Health Indicator outcomes.....	17
6. Health Trainer Profile	19
7. Community Engagement Activity.....	22
8. Offender Health.....	23
9. Maintaining Change	25
10. Appendices	27

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INTERPRETATION

Please be aware when interpreting the various reports produced herein additional factors should also be considered (e.g. sample size, exceptions, regional variances, system changes, individual HT service lifespan etc). Wherever pertinent, such factors have been detailed within surrounding commentary/ comments.

NATIONAL REPORTS

A report of national Health Trainer service findings comparable to those found herein can be accessed via the DCRS system directly or through the East of England HUB lead / BPCSSA direct.

FEEDBACK

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

1. REPORT HIGHLIGHTS

For those with limited time here are the report highlights...



Nearly **9,000 new clients** seen in 2010 across 12 organisations in East of England (quadruple the previous year's total)!

52.40% of those clients are **from the deprived client group areas** (quintiles 1 & 2) and **7.47% not GP registered** (compared to national average of 0.44%).



Over **2,600 full Personal Health Plan assessments completed** in 2010 (some overlapping from the previous year). Of those **52.21%** were classed as **fully successful**, a further **28.75%** were **part successful**.

There have been **consistent improvements in key health indicators:**

The plus scores: **+160% vigorous exercise, +58.58% fruit and veg**

The minus scores: **BMI -2.95%, fatty foods -62.93%**



There have been **consistent improvement in emotional wellbeing scores** in all areas:

- + **11.65% Self-Efficacy**
- + **40.92% Reported General Health**
- + **40.69% WHO-5 Wellbeing**

Of those clients who achieved/part achieved their personal health plan **88.00%** of checks reported **change** had been **successfully maintained**



2. CURRENT POSITION

This section is designed to provide a few summary facts from 1st January 2010 – 31st December 2010 for the East of England Strategic Health Authority. The financial year breakdown reports are before and equal to the 31st December 2010.

EAST OF ENGLAND USAGE SUMMARY

- There are currently 12 organisations actively using the system (1x 2,500+ clients, 3x 1,000+ clients, 6x 200+ clients, 2x less than 200 clients entered since inception¹).
- There are over 8,900+ client records (8,000+ with single assessment, 300+ with multiple assessments and 640+ waiting for assessment or not contactable)
- 10 organisations are registered to use remote access tokens with over 100 already distributed.
- 3 organisations are entering Offender Health Data totalling 279 clients.
- There are in total 19 Health Trainer Champions, 37 Trainee Health Trainers and 93 Qualified Health Trainers joined in 2010.

CUMULATIVE COUNT OF NEW CLIENTS

The tables below show significant DCRS usage growth and an organisational breakdown for East of England StHA.

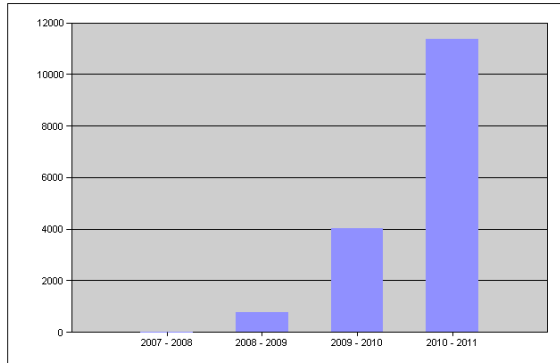
National > StHA	2007	2008	2009	2010				
				1 st Qtr	2 nd Qtr	3 rd Qtr	4 th Qtr	Total
East Midlands	24	1188	6554	2123	2475	2674	2309	9581
East of England	0	468	1905	1655	2264	2212	2852	8983
Bedfordshire NHS	0	0	0	0	0	32	76	108
Cambridgeshire NHS	0	0	0	55	462	503	588	1608
Great Yarmouth & Waveney PCT	0	369	750	239	216	375	460	1290
Hertfordshire NHS	0	0	0	0	0	0	30	30
Luton NHS	0	0	0	33	85	90	270	478
Mid Essex PCT	0	99	376	168	182	74	0	424
Norfolk PCT	0	0	0	224	361	294	559	1438
North East Essex PCT	0	0	584	242	328	380	268	1218
Peterborough PCT	0	0	91	487	213	8	35	743
South East Essex NHS	0	0	0	7	23	167	147	344
South West Essex NHS	0	0	21	113	270	168	186	737
Suffolk PCT	0	0	83	87	124	121	233	565
London	0	689	6460	2234	2181	2789	2897	10101
North East	0	1386	5104	1854	3187	2774	1865	9680
North West	1156	6939	18028	6243	6783	6350	5998	25374
South Central	12	1002	2166	630	589	677	863	2759
South East Coast	0	268	1675	746	609	849	690	2894
South West	73	358	1157	477	714	833	661	2685
West Midlands	1227	6220	14654	5517	6181	6038	5956	23692
Yorkshire & the Humber	108	1874	8463	5345	7062	4699	3298	20404
Total	2600	20392	66166	26824	32045	29895	27389	116153

¹ Since inception: calculated average results from all clients recorded within the DCRS before 31/12/2010.

Health Trainer DCRS

East of England HUB Report 7th February 2011

East of England	Financial year				
	2007/08	2008/09	2009/10	2010/11*	Total
Client Count	20	745	3263	7328	11356
Assessment Count	16	764	3086	6877	10743
PHP Set	11	580	2086	3978	6655
Health Trainers Started	3	42	95	61	201
HT Champion Assessments	-	-	4	156	160
Offender Health Clients			50	244	294
New DCRS organisations	1	3	6	2	12



Client Count/ Financial year	Overall	
	Count	Percent
2007 - 2008	20	0.18%
2008 - 2009	745	6.56%
2009 - 2010	3263	28.73%
2010 - 2011*	7328	64.53%
	11356	100.00%

Comment

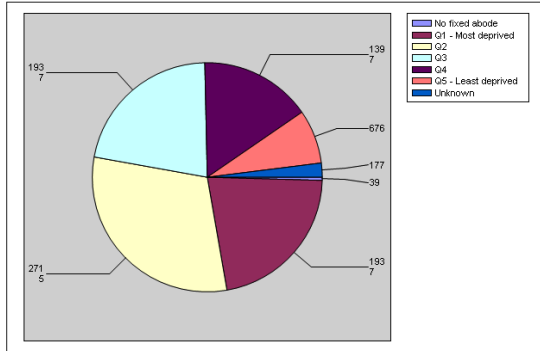
A continued significant growth in clients can be seen year on year, with the majority of East of England services registering more clients quarter on quarter. Mid-Essex have stopped using the system however and Peterborough have opted to re-focus the service to employ volunteers hence the abrupt drop and regrowth in figures.

3. CLIENT DEMOGRAPHICS

This section provides a series of summary charts that outline the basic demographic profile of those clients attending Health Trainer services nationally between 01/01/2010 – 31/12/2010.

DEPRIVATION STATUS QUINTILES

Sample size: 8,878



Postcode Deprivation Status	Overall	
	Count	Percent
Q1 - Most deprived	1937	21.82%
Q2	2715	30.58%
Q3	1937	21.82%
Q4	1397	15.74%
Q5 - Least deprived	676	7.61%
Unknown ²	177	1.99%
No fixed abode	39	0.44%
	8878	100.00%

Comment

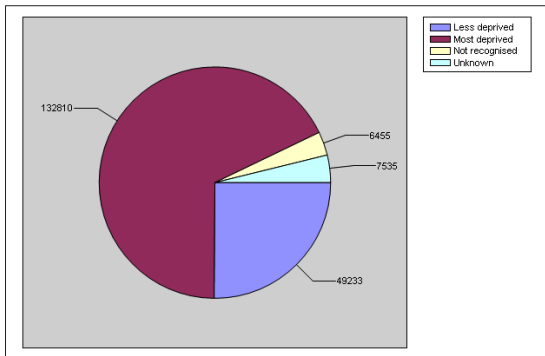
- Majority of clients in Q2, with Q1 & Q2 combined forming a small majority.
- Postcode deprivation scores are based on an overall average across of the following indicators³:
 - Income
 - Employment
 - Health Deprivation & Disability
 - Education, Skills & Training
 - Barriers to Housing & Services
 - Crime
 - Living Environment

² 'Unknown' is when the postcode field is intentionally left blank

³ [Deprivation data is based on indices of deprivation and grid-link 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>]

DEPRIVATION STATUS (ANY INDICATOR)

Sample Size: 8,878



Any Indicator	Overall	
	Count	Percent
Most deprived	5338	60.13%
Least deprived	3238	36.47%
Unknown ⁴	200	2.25%
Not recognised ⁵	102	1.15%
	8878	100.00%

Comment

This report details clients who fall within any one or more of the following indicators⁶ for the 20% deprivation threshold:

- Income
- Employment
- Health Deprivation & Disability
- Education, Skills & Training
- Barriers to Housing & Services
- Crime
- Living Environment

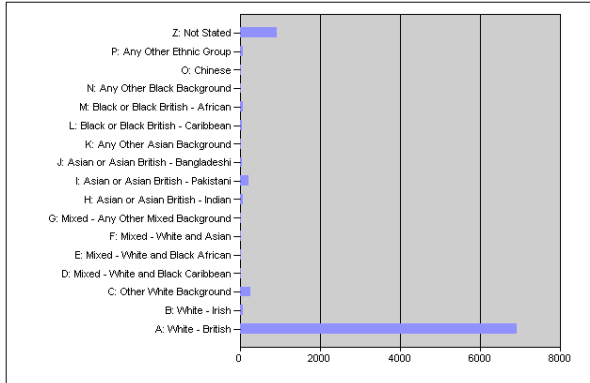
⁴ 'Unknown' is when the postcode field is intentionally left blank

⁵ 'Not recognised' is recorded when entered postcodes do not match an item in the national postcode list

⁶ [Deprivation data is based on indices of deprivation and grid-link 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

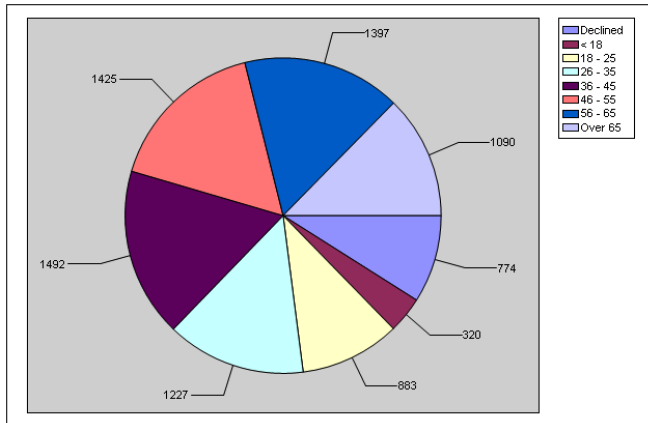
Sample size: **8,983**



Ethnicity	Overall	
	Count	Percent
A: White - British	6912	77.05%
B: White - Irish	84	0.94%
C: Other White Background	259	2.88%
D: Mixed - White and Black Caribbean	30	0.33%
E: Mixed - White and Black African	16	0.18%
F: Mixed - White and Asian	10	0.11%
G: Mixed - Any Other Mixed Background	33	0.37%
H: Asian or Asian British - Indian	87	0.97%
I: Asian or Asian British - Pakistani	221	2.46%
J: Asian or Asian British - Bangladeshi	59	0.66%
K: Any Other Asian Background	45	0.50%
L: Black or Black British - Caribbean	67	0.75%
M: Black or Black British - African	92	1.02%
N: Any Other Black Background	33	0.37%
O: Chinese	15	0.17%
P: Any Other Ethnic Group	75	0.83%
Z: Not Stated	936	10.42%
Total	8983	100.00%

AGE BAND

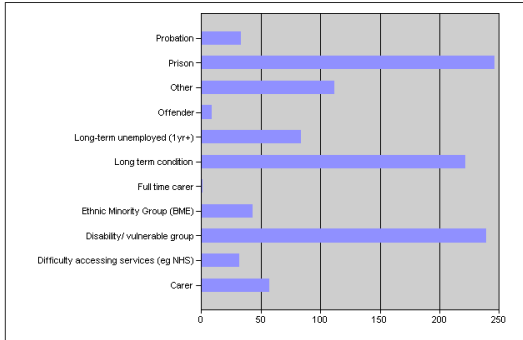
Sample size: **8,608**



Age	Overall	
	Count	Percent
<18	320	3.72%
18-25	883	10.26%
26-35	1227	14.25%
36-45	1492	17.33%
46-55	1425	16.55%
56-65	1397	16.23%
Over 65	1090	12.66%
Declined	774	8.99%
Total	8608	100.00%

ADDITIONAL PERSONAL INFO

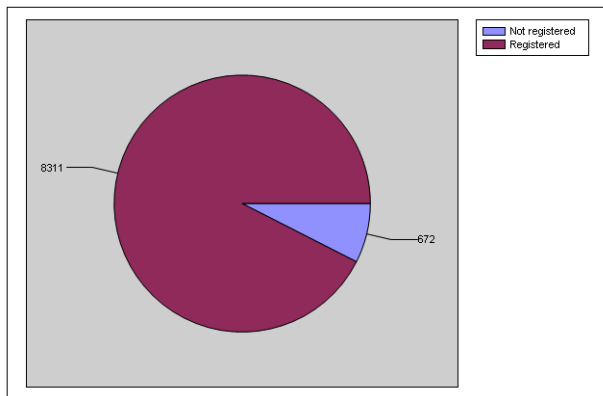
Sample size: **1,078**



Additional personal info	Overall	
	Count	Percent
Prison	246	22.82%
Disability/ vulnerable group	239	22.17%
Long term condition	222	20.59%
Long-term unemployed (1yr+)	84	7.79%
Carer	57	5.29%
Ethnic Minority Group (BME)	43	3.99%
Probation	33	3.06%
Difficulty accessing services (e.g. NHS)	32	2.97%
Offender	9	0.83%
Full time carer	1	0.09%
Other⁷	112	10.39%
Total	1078	100.00%

GP REGISTRATION

Sample size: **8,979**

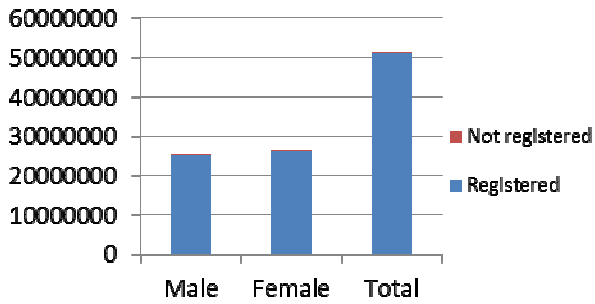


GP registration	Overall	
	Count	Percent
Registered	8308	92.53%
Female	5817	70.02%
Male	2484	29.90%
Other	7	0.08%
Not Registered	671	7.47%
Male	384	57.23%
Female	286	42.62%
Other	1	0.15%
Total	8979	100.00%

- A significantly higher proportion of clients report themselves as not registered with GPs compared to national figures (below).

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

National figures (for comparison)

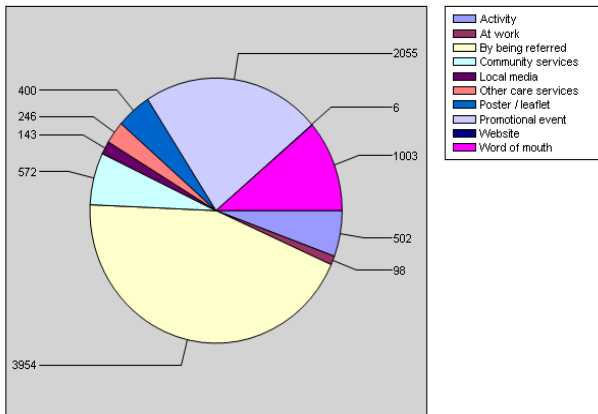


GP registration	Overall	
	Count	Percent
Registered	51250236	99.56%
Female	26092783	50.94%
Male	25127453	49.06%
Not Registered	226062	0.44%
Male	191346	84.64%
Female	34716	15.36%
	51446298	100.00%

Source: Census 2001, see <http://www.ic.nhs.uk>

HOW HEARD ABOUT THE SERVICE

Sample size: **8,979**



How heard about the service	Overall	
	Count	Percent
By being referred	3954	44.04%
Promotional event	2055	22.89%
Word of mouth	1003	11.17%
Community services	572	6.37%
Activity⁸	502	5.59%
Poster / leaflet	400	4.45%
Other care services	246	2.74%
Local media	143	1.59%
At work	98	1.09%
Website	6	0.07%
	8979	100.00%

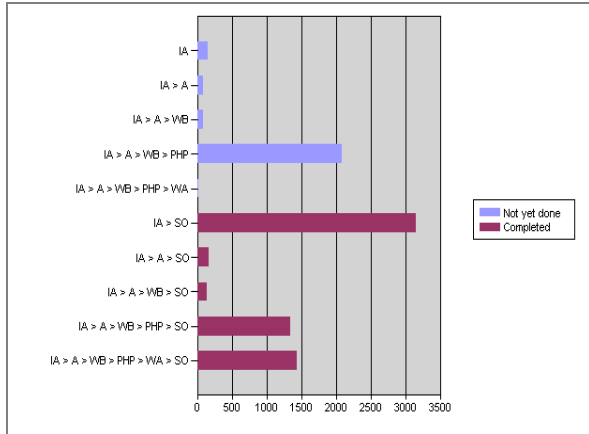
⁸ Community Engagement Activities are recorded since DCRS v.3.0 (July 2010)

4. ASSESSMENT OVERVIEW

This section reviews the assessment source, primary issue and outcomes of those carry out PHP plans for client assessments added between 01/01/2010 – 31/12/2010.

ASSESSMENT BREAKDOWN BY STAGES

Sample size: **8,622**



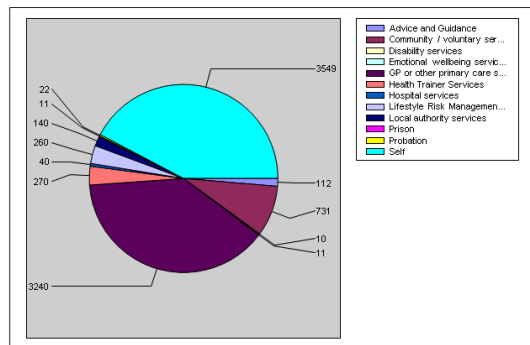
Stages completed ⁹	Overall	
	Count	Percent
Signed-Off	6223	72.18%
IA > A > WB > PHP > WA > SO	1433	23.03%
IA > A > WB > PHP > SO	1336	21.47%
IA > A > WB > SO	143	2.30%
IA > A > SO	169	2.72%
IA > SO	3142	50.49%
Not signed-off	2399	27.82%
IA > A > WB > PHP > WA	9	0.38%
IA > A > WB > PHP	2083	86.83%
IA > A > WB	78	3.25%
IA > A	81	3.38%
IA	148	6.17%
	8622	100.00%

Comment

- A significant proportion of signed off clients 40.06% have had quick sign-offs (reached SO without a PHP, e.g. signposted/given information). Of the rest 4861 (56.38%) have either completed or are currently completing full PHPs.

REFERRAL SOURCE

Sample size: **8,396**

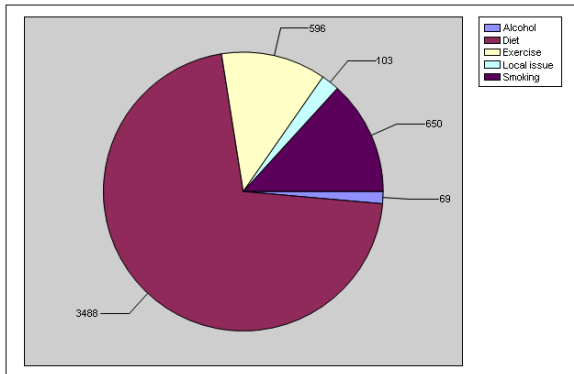


Referral Source	Overall	
	Count	Percent
Self	3549	42.27%
GP or other primary care services	3240	38.59%
Community / voluntary services	731	8.71%
Health Trainer Services	270	3.22%
Lifestyle Risk Management Services	260	3.10%
Local authority services	140	1.67%
Advice and Guidance	112	1.33%
Hospital services	40	0.48%
Probation	22	0.26%
Emotional wellbeing services	11	0.13%
Prison	11	0.13%
Disability services	10	0.12%
	8396	100.00%

⁹ IA- Initial assessment, A- Assessment, WB - Wellbeing Before, PHP – Personal Health Plan, WA - Wellbeing After, SO - Sign-off

PRIMARY ISSUE

Sample size: **8,400**



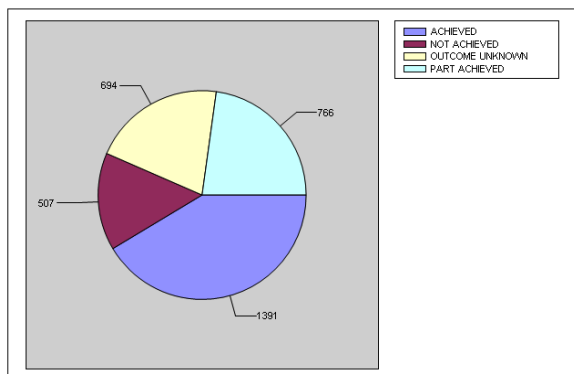
Primary Issue	Overall	
	Count	Percent
Diet	3488	71.10%
Smoking	650	13.25%
Exercise	596	12.15%
Alcohol	69	1.41%
Local issue – Emotional wellbeing ¹⁰	103	2.10%
	4906	100.00%

Comment

- A considerable majority 71.10% set diet as their primary issue.

PERSONAL HEALTH PLAN OUTCOME

Sample size: **3,358**



Personal Health Plan Outcome	Overall	
	Count	Percent
Achieved	1391	41.42%
Part Achieved	766	22.81%
Not Achieved	507	15.10%
Outcome Unknown	694	20.67%
	3358	100.00%

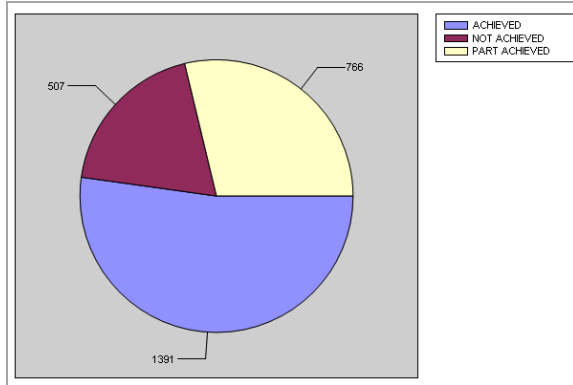
Comment

- 64.23% of completed personal health plans are either achieved or part achieved.
- 'Outcome unknown' is where the client has stopped attending sessions and become uncontactable.

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.

PERSONAL HEALTH PLAN OUTCOME (FULLY COMPLETED PLANS ONLY)

Sample size: **2,664**



Personal Health Plan Outcome	Overall	
	Count	Percent
Achieved	1391	52.21%
Part Achieved	766	28.75%
Not Achieved	507	19.03%
	2664	100.00%

Comment

- Almost 80.96% of completed personal health plan outcomes (i.e. ignoring Outcome Unknowns) are recorded as either achieved or part achieved.

PHP OUTCOME VS CLIENT DEPRIVATION

Sample size: **3,328**

	Achieved or Part achieved		Not achieved		Outcome unknown		Total
Q1 - Most deprived	441	62.55%	127	18.01%	137	19.43%	705
Q2	554	62.32%	151	16.99%	184	20.70%	889
Q3	491	65.38%	103	13.72%	157	20.91%	751
Q4	394	66.22%	74	12.44%	127	21.34%	595
Q5 - Least deprived	230	68.66%	39	11.64%	66	19.70%	335
No fixed abode	4	44.44%	0	0.00%	5	55.56%	9
Unknown	25	56.82%	6	13.64%	13	29.55%	44
	2139	64.27%	500	15.02%	689	20.70%	3328

Comment

With the exception of 'no fixed abode' which has low sample size, success rates for the 'most deprived' groups (Q1, Q2) are nearly as high as more affluent groups.

PHP OUTCOME VS REFERRAL SOURCE

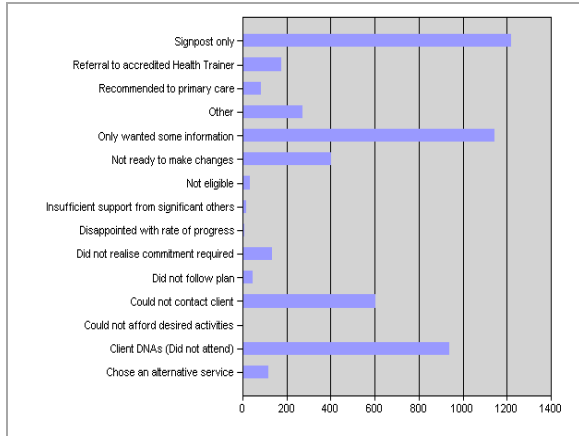
Sample Size: 3,356	Achieved or part achieved		Not achieved		Outcome unknown		Total
Emotional wellbeing services	1	20.00%	0	0.00%	4	80.00%	5
Lifestyle Risk Management Services	95	59.01%	32	19.88%	34	21.12%	161
GP or other primary care services	780	61.71%	182	14.40%	302	23.89%	1264
Community / voluntary services	296	63.38%	61	13.06%	110	23.55%	467
Advice and Guidance	32	65.31%	4	8.16%	13	26.53%	49
Self	760	66.49%	199	17.41%	184	16.10%	1143
Other	32	66.67%	3	6.25%	13	27.08%	48
Hospital services	21	67.74%	3	9.68%	7	22.58%	31
Health Trainer Services	69	71.13%	10	10.31%	18	18.56%	97
Local authority services	66	75.00%	13	14.77%	9	10.23%	88
Disability services	2	100.00%	0	0.00%	0	0.00%	2
Prison	1	100.00%	0	0.00%	0	0.00%	1
	2155	64.21%	507	15.11%	694	20.68%	3356

Comment

- Ignoring low sample size groups, Local authority and Health Trainer Service referrals resulted in the highest PHP outcome success rates, services should consider targeting these more.
- Of the two highest volume groups Self-referral clients were significantly more likely to result in a successful outcome than GP referrals (66.49% Vs 61.71%).

REASONS FOR NOT COMPLETING A PHP

Sample size: **5,203**



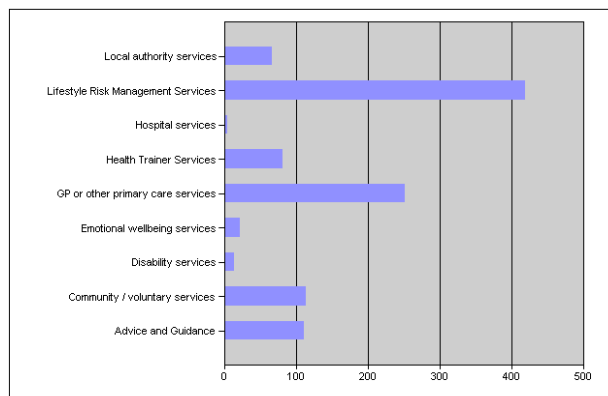
Sign-off reason	Overall	
	Count	Percent
Signpost only	1218	23.41%
Only wanted some information	1143	21.97%
Client DNAs (Did not attend)	941	18.09%
Could not contact client	605	11.63%
Not ready to make changes	402	7.73%
Referral to accredited Health Trainer	177	3.40%
Did not realise commitment required	133	2.56%
Chose an alternative service	118	2.27%
Recommended to primary care	85	1.63%
Did not follow plan	45	0.86%
Not eligible	34	0.65%
Insufficient support from significant others	16	0.31%
Disappointed with rate of progress	9	0.17%
Could not afford desired activities	4	0.08%
Other	273	5.25%
Total	5203	100.00%

Comment

- Staff added value through signposting and information giving in 45.38% of cases where a full PHP was not completed.

SIGNPOSTING BREAKDOWN

Sample size: **1,078**



Signpost to	Overall	
	Count	Percent
Lifestyle Risk Management Services	418	37.78%
GP or other Primary Care Services	251	23.28%
Community / Voluntary Services	113	10.48%
Advice and Guidance	111	10.30%
Health Trainer Services	81	7.51%
Local Authority Services	66	6.12%
Emotional Wellbeing Services	21	1.95%
Disability Services	13	1.21%
Hospital Services	4	0.37%
Total	1078	100.00%

Comment

- Nearly a quarter 23.28% of signposts were to a GP or primary care service, meanwhile 37.78% of referrals were to other specialist lifestyle risk management services (these are recommended to run locally to break down further).

5. KEY HEALTH INDICATOR OUTCOMES

This section is designed to review the before Vs after change outcomes achieved by clients carrying out Health Trainer Personal Health Plans between 01/01/2010 and 31/12/2010.

PRE & POST ASSESSMENT RESULTS

Outcome (units)	Sample size	Averaged pre/post Personal Health Plan values		
		Before	After	Change (%)
Weight (kg)	1171	93.59	90.69	3.09% Down ✓
BMI (BMI score)	1134	34.19	33.18	2.95% Down ✓
Fruit & vegetable (portions consumed per day)	928	3.26	5.17	58.58% Up ✓
Fried, high fat and snack (portions consumed per day)	857	2.32	0.86	62.93% Down ✓
Alcohol (units per week)	521	11.02	5.46	50.45% Down ✓
Smoking (cigarettes per day)	903	5.26	2.1	60.07% Down ✓
Vigorous exercise (sessions per week)	727	0.5	1.3	160% Up ✓
Moderate exercise (sessions per week)	884	2.53	4.53	79.05 Up ✓

Comment

- Assessment measurements are non-mandatory and results are only included when before and after values are recorded, hence slightly lower sample sizes.
- Based on before and after results the Health Trainer service continues to show consistent and significant improvements in all areas, an excellent result.

PRE & POST ASSESSMENT RESULTS (DEPRIVATION QUINTILE ONE SPECIFIC)

Outcome (units)	Sample size	Averaged pre/post Personal Health Plan values		
		Before	After	Change (%)
Weight (kg)	189	95.03	91.13	4.10% Down ✓
BMI (BMI score)	175	34.96	33.44	4.34% Down ✓
Fruit & vegetable (portions consumed per day)	141	2.55	4.85	90.19% Up ✓
Fried, high fat and snack (portions consumed per day)	136	2.44	0.82	66.39% Down ✓
Alcohol (units per week)	61	19.34	7.93	58.99% Down ✓
Smoking (cigarettes per day)	149	11.51	4.71	59.07% Down ✓
Vigorous exercise (sessions per week)	109	0.48	1.43	197.91% Up ✓
Moderate exercise (sessions per week)	132	2.67	4.76	78.27% Up ✓

Comment

- With the exception of smoking and moderate exercise the key 'most deprived' target group consistently achieved significantly higher change results when considered in isolation (i.e. compared to the chart at the top of this page).

WELLBEING IMPROVEMENT

Wellbeing measure	Sample size	Averaged pre/post Personal Health Plan values		
		Before	After	Change (%)
Self-Efficacy %	699	74.63	83.33	11.65% Up ✓
General Health %	825	49.73	70.08	40.92% Up ✓
WHO-5 %	863	45.24	63.65	40.69% Up ✓

WELLBEING IMPROVEMENT (DEPRIVATION QUINTILE ONE SPECIFIC)

Wellbeing measure	Sample size	Averaged pre/post Personal Health Plan values		
		Before	After	Change (%)
Self-Efficacy %	419	72.32	84.99	17.51% Up ✓
General Health %	154	47.79	71.49	49.59% Up ✓
WHO-5 %	156	43.61	66.75	53.06% 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.
- Similar to the key 'pre & post assessment' results the key 'most deprived' target group consistently achieved significantly higher wellbeing improvements when considered in isolation.

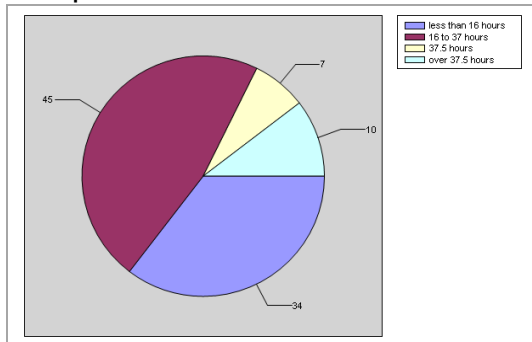
6. HEALTH TRAINER PROFILE

This section reviews the demographic profiles of Health Trainers added to DCRS between 01/01/2010 – 31/12/2010 and are still in position (except the 'Reason for Leaving' report which is based on Health Trainer that left prior to this date).

Numbers are based on head counts not WTE.

HT WORKING HOURS BREAKDOWN

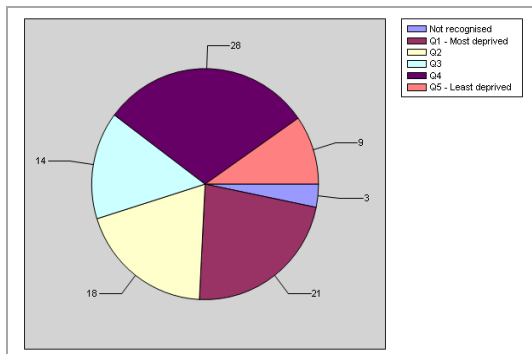
Sample size: 93



Health Trainer Breakdown	Overall	
	Count	Percent
less than 16 hours	34	35.42%
16 to 37 hours	45	46.88%
37.5 hours	7	7.29%
over 37.5 hours	10	10.42%
Total	93	100.00%

HT DEPRIVATION STATUS QUINTILES

Sample size: 93



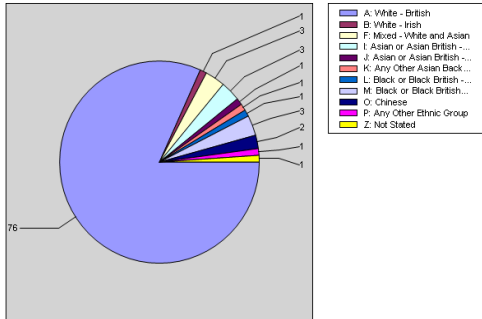
Health Trainer Postcode Deprivation Status	Overall	
	Count	Percent
Q1 - Most deprived	21	22.58%
Q2	18	19.35%
Q3	14	15.05%
Q4	28	30.11%
Q5 - Least deprived	9	9.68%
Not recognised	3	3.23%
Total	93	100.00%

Comments

- The largest proportion of Health Trainers are from quintile 4 with 30.11%, the second largest group then being 'most deprived' quintile 1 with 22.58%.

HT ETHNICITY

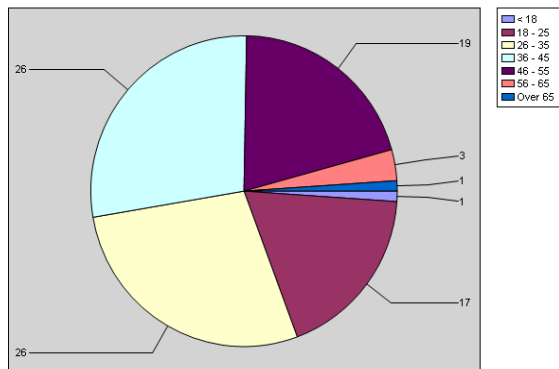
Sample size: **93**



Health Trainer Ethnicity	Overall	
	Count	Percent
A: White - British	76	81.72%
B: White - Irish	1	1.08%
F: Mixed - White and Asian	3	3.23%
I: Asian or Asian British - Pakistani	3	3.23%
J: Asian or Asian British - Bangladeshi	1	1.08%
K: Any Other Asian Background	1	1.08%
L: Black or Black British - Caribbean	1	1.08%
M: Black or Black British - African	3	3.23%
O: Chinese	2	2.15%
P: Any Other Ethnic Group	1	1.08%
Z: Not Stated	1	1.08%
	93	100.00%

HT AGE BAND

Sample size: **93**



Age Band	Overall	
	Count	Percent
< 18	1	1.08%
18 - 25	17	18.28%
26 - 35	26	27.96%
36 - 45	26	27.96%
46 - 55	19	20.43%
56 - 65	3	3.23%
Over 65	1	1.08%
	93	100.00%

HT EDUCATION VS PHP OUTCOME

Sample Size: **3122**

	Achieved or part achieved		Not achieved		Outcome unknown		Total	
	Count	Percent	Count	Percent	Count	Percent	Count	Percent
Na	248	91.18%	12	4.41%	12	4.41%	272	8.68%
School (e.g. GCSE)	521	64.24%	88	10.85%	202	24.91%	811	26.00%
College (e.g. A-level)	631	56.09%	252	22.40%	242	21.51%	1125	35.83%
University	599	65.54%	129	14.11%	186	20.35%	914	29.49%
	1999	64.03%	481	15.41%	642	20.56%	3122	100.00%

Comments

- Surprisingly this result shows a very significantly higher PHP achieved/ part achieved rate for those without any formal qualifications. Both not achieved and very interestingly outcome unknown (i.e. Did not attend) results are in significantly lower proportions.

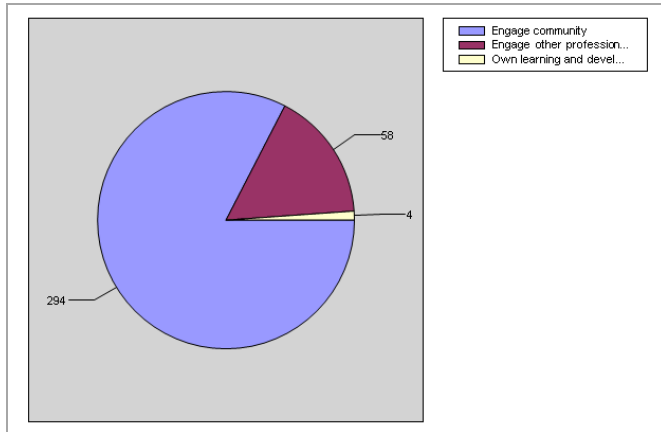
- Further analysis at a local level is recommended. To review client count per HT (i.e. throughput rates) when considering the above.

7. COMMUNITY ENGAGEMENT ACTIVITY

East of England have recorded 356 community engagement activities across 8 organisations prior to 31/12/2010 ¹¹.

ACTIVITY TYPE

Sample Size: **356**



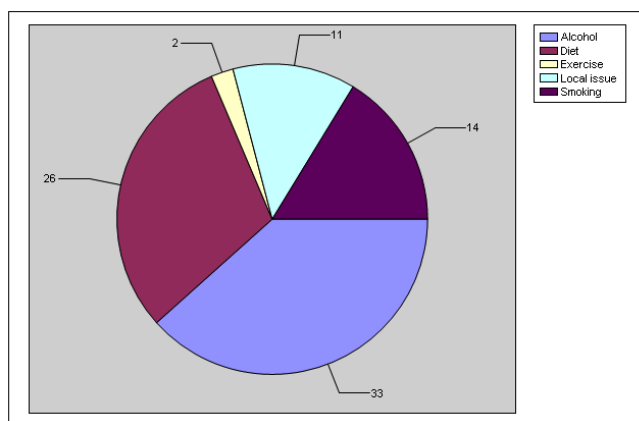
Activity Type	Overall	
	Count	Percent
Engage Community	294	82.58%
Engage other professional/org	58	16.29%
Own learning and development	4	1.12%
Total	356	100.00%

Comments

- The vast majority (82.58%) of activity types are classed as 'Engage Community', at a local organisation level this generic grouping is sub-categorised into specific local activity types.

ACTIVITY – TOPICS COVERED

Sample Size: **86**



Activity Type	Overall	
	Count	Percent
Diet	26	30.23%
Exercise	2	2.33%
Local Issue	11	12.79%
Alcohol	33	38.37%
Smoking	14	16.28%
Total	86	100.00%

Comments

- Surprisingly the topic most covered is alcohol 38.37%, then diet 30.23%.

¹¹ Please note the ability to record community engagement activity was only added to the system in July 2010.

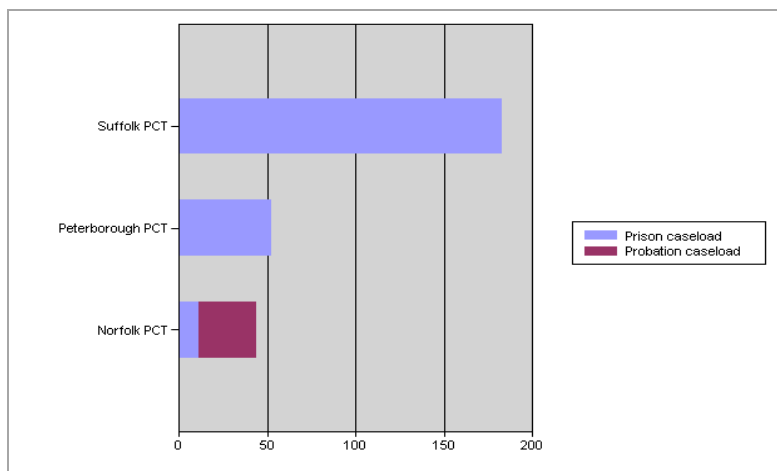
8 . OFFENDER HEALTH

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:

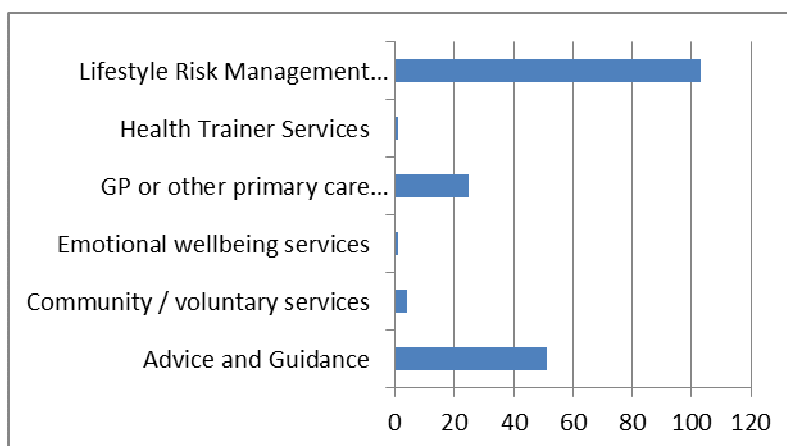
- Alcohol and drugs
- Physical and Mental Health
- Employment training and education
- Accommodation
- Attitudes thinking and behaviour
- Finance, benefit and dept.
- Children Families and community support

OFFENDER DCRS USAGE SUMMARY

3 organisations have collectively entered 279 client data records under 'Probation' or 'Prison' caseloads.









OFFENDER SIGNPOSTING



¹² 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	3	 58.67	 87.67	49.43% Up ✓
General Health	3	 36.67	 66.67	81.81% Up ✓
WHO-5	2	 44	 70	59.10% Up ✓

Comments

- Whilst sample sizes are too low it is noted that compared to the overall HT client base (see wellbeing improvement, page 18) whilst pre-assessment scores are significantly lower, post-assessment scores are equivalent or higher than the general population!

OFFENDER PRIMARY ISSUE VS PHP OUTCOME

Sample Size: **194**

	Achieved or part achieved		Not achieved		Outcome unknown		Total
	Count	Percentage	Count	Percentage	Count	Percentage	
Alcohol	1	100.00%	0	0.00%	0	0.00%	1
Diet	91	78.45%	13	11.21%	12	10.34%	116
Exercise	32	76.19%	5	11.90%	5	11.90%	42
Smoking	24	68.57%	6	17.14%	5	14.29%	35
Total	148	76.29%	24	12.37%	22	11.34%	194

Comments

- Whilst sample sizes are still relatively low it is noted that compared to the overall client base achievement rates are significantly higher, i.e. 76.29% achieved/part achieved versus 64.27% for the general client population (see page 13).

9. MAINTAINING CHANGE

This section focuses on the review of maintenance checks for those clients that part or fully achieved their Personal Health Plan. Maintenance checks are simple checks usually carried out after assessment sign-off. These are gradually being carried out in increasing numbers.

MAINTAINING CHANGE BY TIME LAPSED

	No, not maintained		Yes, maintained		Total
< 3 months	18	10.78%	149	89.22%	167
3 - 6 months	9	14.06%	55	85.94%	64
6 - 9 months	9	39.13%	14	60.87%	23
9 - 12 months	0	0.00%	0	0.00%	0
Over 12 months	0	0.00%	2	100.00%	2
Total	30	12.00%	220	88.00%	250

Comment

- Overall a very significant majority 88.00% are reporting continued achievement.
- This reduces slightly over time (the 6-9 month+ results have been ignored as greater sample sizes are needed).

MAINTAINING CHANGE BY GENDER

		No, not maintained		Yes, maintained		Total
< 3 months	Female	15	12.20%	108	87.80%	123
	Male	3	6.82%	41	93.18%	44
3 - 6 months	Female	6	12.50%	42	87.50%	48
	Male	3	18.75%	13	81.25%	16
6 - 9 months	Female	2	18.18%	9	81.82%	11
	Male	1	16.67%	5	83.33%	6
9 - 12 months	Female	0	0.00%	0	0.00%	0
	Male	0	0.00%	0	0.00%	0
Over 12 months	Female	0	0.00%	0	0.00%	0
	Male	0	0.00%	2	100.00%	2
Total		30	12.00%	220	88.00%	250

Comment

- Comparing checks carried out within 3 months against those carried out between 3 & 6 months, male clients maintenance reduces significantly 11.93% whereas female change maintenance impressively reduces by only 0.30%.
- Sample sizes are too low a review of maintenance check results carried out over 6 months.

10. APPENDICES

ABBREVIATIONS USED HEREIN

- DCRS – Data Collection Reporting System (the system used to collect and report Health Trainer activity data)
- HT/ HTC – Health Trainer, Health Trainer Champion (trained staff that carry out the client assessments)
- PHP – Personal Health Plan (this is the plan followed by clients when participating in a full one to one assessment with a Health Trainer. This involves setting and working towards an overall health improvement objective).