

# Beneficiary Case Story

<p><b>1. Health Trainer Contact Details</b></p> <p><b>Julie Sharman</b></p>
<p><b>2. Name of Client, Age, Gender and Health Assessment's pre and post?</b></p> <p><b>Doreen Ravenhill, 64, Female.</b></p> <p><b>BMI Pre Intervention 42.9 BMI Post Intervention 38.3</b></p> <p><b>Client lost 10.4kg / 10.7% of her body weight</b></p>
<p><b>3. The beneficiary's needs, problems or issues</b> List the main needs / issues for the beneficiary. What did they want help with?</p> <p><b>The client needed to lose weight, client did not understand food labels or the components of a healthy diet. Client is also diabetic.</b></p>
<p><b>4. How were needs, problems or issues tackled?</b></p> <p><b>Health Trainer explained and provided information and guidance around the eatwell plate, with particular emphasis on Sugar and Saturated fat. Health Trainer also explained the benefits of exercise.</b></p>
<p><b>5. Outcomes and impact e.g. weight loss, increased confidence.</b></p> <p><b>Client has lost 10.4kg, she has more confidence and gets out of the house more. She now understands the components of a healthy diet and knows what to look for on food labels.</b></p>
<p><b>6. Please include a statement from the beneficiary. Use the questions below as prompts if necessary:</b></p> <ul style="list-style-type: none"> <li>▪ How did you first come into contact with the project?</li> <li>▪ How did you feel before engaging with the project (e.g. knowledge, skills, behaviour, health status)?</li> <li>▪ What has changed as a result of your involvement with the project (e.g. health status, any activities you do now that you didn't do before?)</li> <li>▪ Please tell us about any impact on / changes to your health and well-being?</li> </ul> <p><b>I was referred by my GP after changing practices; I didn't really know what was in different foods so I just ate what I wanted.</b></p> <p><b>I now understand more about things that are high in sugar and can effect my diabetes, I have learned to cut down the amount of fruit juice I drink, I used to drink a pint at a time because I thought it was good for me and I didn't understand how much sugar was in it. I can read the labels of food properly now and make better choices. I walk to my daughter's house more and walk to the bus stop more so I can get out and about.</b></p> <p><b>I feel that without the help from a Health Trainer I wouldn't have lost weight and I'd be none the wiser about foods that effect my blood sugar, I intend to carry on my new lifestyle to help me lose more weight, I feel my health is improving every week.</b></p>
<p><b>7. Please include a statement from the project worker / volunteer / Health Champion Use the questions below as prompts if necessary:</b></p> <ul style="list-style-type: none"> <li>▪ What were the main difficulties the beneficiary faced at the start? What did they want help with?</li> <li>▪ How did the project help? What did you do?</li> <li>▪ What changes have you observed in the beneficiary since their engagement with the project? What did they achieve?</li> </ul>

What did you learn from working with this person? What might you do differently next time?

The client did not have any previous knowledge about what a healthy diet is. She had only just been diagnosed with diabetes and did not know that eating healthily would help this condition. She didn't really do any exercise and didn't get out very much. I talked to her about the eatwell plate, fats, sugar and told her that regular exercise would help and suggested just adding a bit of walking into her everyday routine. I have noticed that the client is a lot more confident, she makes better food choices and has gained the knowledge to carry on with her lifestyle change by herself.

8. Key learning for others

List the three main things that you'd like people to take away from the case story. Think about what worked well and what worked not so well.

General Healthy Eating advice and a little exercise was all that was needed to make a big difference to the client's weight and her confidence.

9. Next steps

An indication of where you / the beneficiary intend to go from here.

The client will carry on her lifestyle change by herself but with see the Health Trainer once a month just for support and maintenance.

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