

East of England Health Trainer Highlights (1.4.2010-31.3.2011)

For those with limited time here are the report highlights

Nearly 9,000 new clients were 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 vegetables 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	✓