

North West Health Trainer Partnership

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Health Trainers

- Lifestyle change
- Qualification level 3
- Evidence based
- Database generates live data

- Reaching the hard to reach
- Sustained behaviour change and well-being
- Appropriate & timely use of services
- Workforce capability

Health Trainer Services

Referrals from

- Pre-operative assessment
- Specialist units e.g. cardiac rehabilitation
- Discharge
- Intermediate care

- Occupational health

Health Trainer Success

- 75% of clients have achieved a goal in their Personal Health Plans
- Smoking down 17 to 5 per day
- Moderate exercise up 76%
- Vigorous exercise increased 300%
- Alcohol down 60 to 23 units per week
- 47% from the most deprived communities
- Wider influence including self-efficacy, perceived health status, and well being

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