

Physical Activity for the Management and Prevention of Long Term Conditions

Paula Manning
AHP Physical Activity Clinical Champion

paulamanning2@gmail.com
PhysicalActivity@phe.gov.uk



Moving Healthcare Professionals

'If one in four of the inactive population received and acted on advice from their healthcare professional, there would 2.9 million less inactive adults in England who would be gaining the benefits of moving more.'





Office for Health
Improvement
& Disparities



Physical Activity for the Prevention and Management of Long-Term Conditions

FREE training for healthcare professionals

Expert **Physical Activity Clinical Champions** are delivering **FREE**, peer to peer 1-3 hours online training sessions to groups of healthcare professionals at a date and time to suit local needs e.g. Vocational Training Schemes, Protected Learning Time, lunchtime learning, etc.

Benefits of training

Attending this **FREE** online training provides the opportunity to:

- **Access evidence-based resources** proven to increase knowledge and confidence, and support clinical practice in line with guidance (e.g., NICE)
- **Improve management and care** of patients with 30+ long-term conditions (e.g., CVD, type 2 diabetes, depression, MSK issues, some cancers).
- **Help reduce service demand** and costs i.e. the £0.9bn annual cost to the NHS associated with insufficient physical activity



Healthy Chats CIC

Paula Manning

Physiotherapist
CEO Healthy Chats CIC

healthychatscic@outlook.com

www.healthychats.co.uk

Training people to talk easily about
health

Healthy Chats CIC

Who have we worked with?

Active Notts

We are Undefeatable

- Mansfield CVS
- Bolsover CVS
- Durham County Council

Training ...

- Social prescribers
 - Social care staff
 - Social workers
- Care support workers
 - Volunteers
- Community leaders
- Green space providers

What did they say?

Help people start conversations about physical activity

Grade the information we give to the audiences role

Provide local physical activity population data to help relatability

Person centred approach



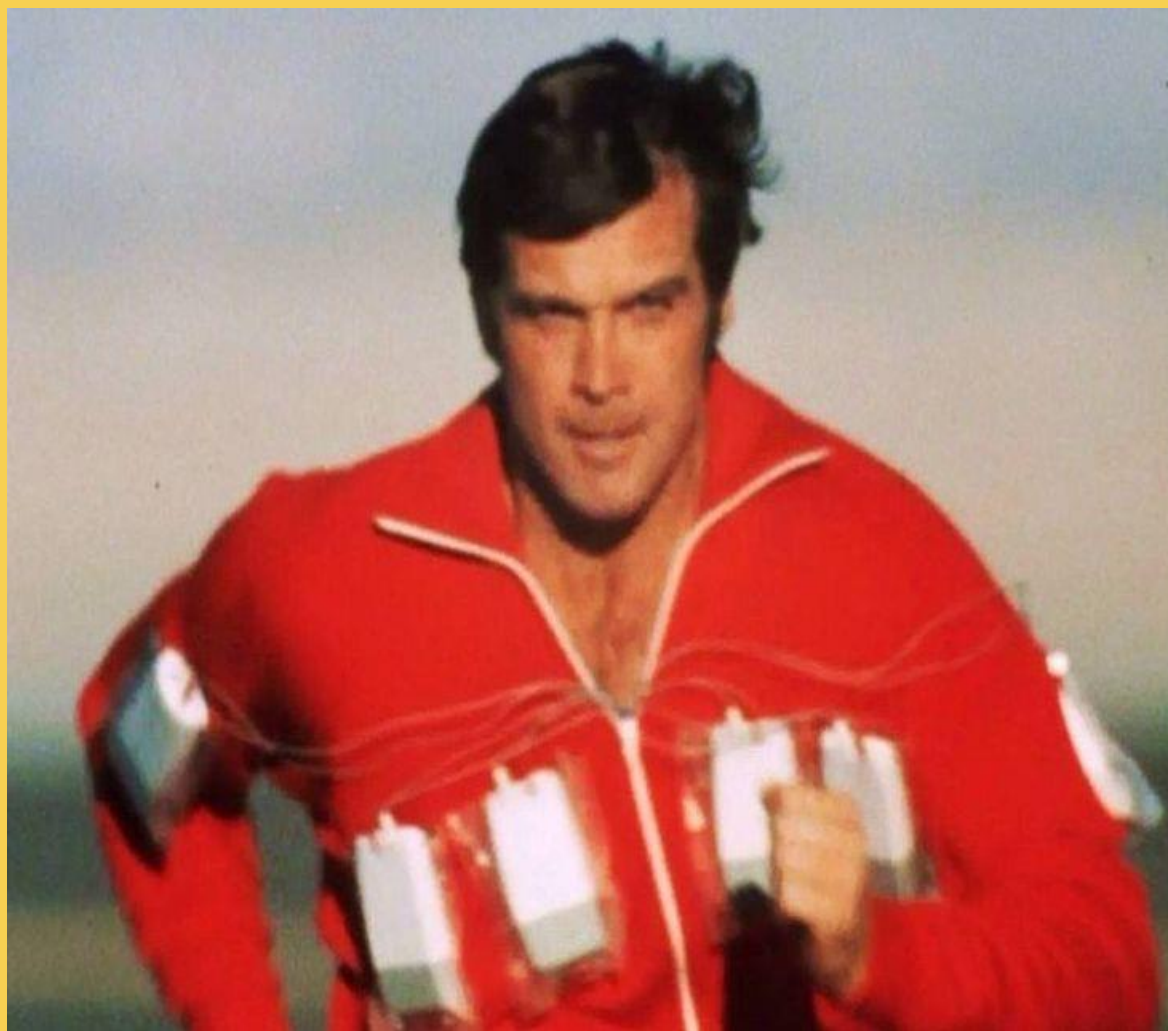
- **Facts**
- **Open conversation**
- **Real life examples**
- **Resources**
- **Follow up**
- **Problem solving**

What people have said..

As a non healthcare professional I feel much more confident to talk about physical activity



Do you remember
The Six million
dollar man?



Thankyou

Paulamanning2@gmail.com or PhysicalActivity@phe.gov.uk
for healthcare professionals

HealthyChatsCIC@outlook.com for social care and
community

www.healthychats.co.uk