

Active Lifestyles

Hull Exercise Referral Scheme

Improving your Mental Health and Readiness to Work

Capturing Data & Outcomes

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Active Lifestyles Service
City Health Care Partnership
Specialist Public Health Services



Providing Quality Care



Importance of evaluating data

- Evidence of success in meeting agreed targets and other objectives
- Real and accurate evidence to capture service performance and outcomes
- Qualitative and Quantitative data
- Apply for alternative funding away from main emphasis of service
- Forecast/predict future performance, set realistic achievable targets and compare performance
- Confidence in evaluation for commissioners – one database for a number of projects?



History of Active Lifestyles Service

- Pilot in 2003 focusing on increasing physical activity levels to improve health
- Number of Active Lifestyles Advisors started with just 1 and currently there are 6
- Focus of the service changed from increasing physical activity levels to weight management in 2008
- In September 2010 a new project was set up to improve a person's mental health and readiness for work through increasing their physical activity levels



Old school days



- Paper files and no database
 - Missing data/files - time consuming problem
 - Physical manpower needed to evaluate data
 - More administration time meaning less client time



- Basic excel database – logged referrals and personal details



- In-depth excel database – above details plus appointment details and BMI/weight/ Godin score/referrals to other services. Difficult to input and not user friendly



Weight loss manager (north 51)

- Personal details
- Appointment details
- Referrers details
- Physiological data and Godin / SFv36 scores
- PAR-Q and lifestyle questions
- Referrals to other services
- Service Evaluations - **91% of clients improved their mood**
- Letters produced automatically
- Evaluation reports produced



A Practical Example



- Godin score is a measure of physical activity levels (main KPI for the service)
- From a section of 444 clients the average score at the 1st appointment was **13**

Examples include a normal walk 4 days of the week for at least 15mins **or** 2 days of walking and 1 swim per week

- The average score at the final appointment was **21**

Examples include walking everyday for at least 15mins **or** 2 aqua sessions and 4 days of walking per week

- **The average person who attended Active Lifestyles increased their activity levels by 10%**



Capturing data and your service

- Change your way of working to improve the service and become more cost effective
- Predict future trends and outcomes to meet targets in years to come
- Evidence of alternative benefits clients gain from accessing a service – can be used for future funding bids in other areas
- Accurate and secure way to work – backtrack easily
- Database can be as in depth as you require – every service is different!



Capturing data and your service

Before Opt In



■ Attended

■ Did Not Attend

After Opt In



Data from study completed in February 2010



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