

Your regular health champion email bulletin.

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E-bulletin - Spring 2018

Welcome to your quarterly health champion e-bulletin!

Featured in this issue:

- Conversation starter - what matters to you?
- A simple tip to manage calorie intake
- Case study - raising the issue of weight
- Why worry about immunisations?
- Stop smoking support for people using e-cigarettes
- Resources to support healthy conversations

Want to share an item for a future bulletin? [Click here to email us.](#)

What Matters To You?

As you know, finding out what really matters to people can be an effective way to promote healthy behaviour changes.

This week an international awareness day encouraged health professionals to change the focus of their conversations from "what is

the matter?" to

"what matters to you?"

This is a powerful question and one everyone, not just health professionals, may find helpful to start their conversations with.

So, why not give it a try next time you're chatting to someone about their health and wellbeing?

For more information and resources visit

<https://www.england.nhs.uk/what-matters-to-you/>



Losing and maintaining weight can be tricky!

There are lots of different ways to help us lose and maintain weight, from completing food diaries, weight management apps and attending group sessions.

However, some people just want something quick and easy to follow and this is where sharing the 400-600-600 tip may help.

"Aim for around 400 calories for breakfast, 600 calories for lunch and 600 for dinner – leaving room for a couple of healthy snacks and drinks."

It's all part of a healthy balanced diet of 2,000 calories a day for women

and 2,500 calories for men in line with the Eatwell Guide.

You can find out more at <http://www.nhs.uk/oneyou/be-healthier/eat-better/>

Case Study: A conversation about weight

Opportunities to have a healthy conversation can arise at anytime and can sometimes be around sensitive subjects.

Click on the link below to find out how one health champion used her personal experience of weight management to have a productive conversation that has led to a fantastic lifestyle change.

http://www.dudleyhealthchampions.co.uk/case_studies/mecc-weight-management-conversation/

Why are immunisations so important?

Immunisations play a vital part in saving lives, but many people still have questions about immunisations. Dudley Council's Public Health Nurses have answered a number of frequently asked questions in a new factsheet - <http://www.dudleyhealthchampions.co.uk/resources/>

- Are immunisations safe?
- When should babies and children receive their immunisations?
- Which vaccines are available for adults over the age of 65?
- How do I access the UK routine schedule?
- Who do I contact for more information?



Stop smoking support for people using e-cigarettes in Dudley

The Let's Get Healthy Dudley service can support people to stop smoking by offering behavioural support and nicotine replacement therapy free of charge.

People using e-cigarettes as a quitting aid can use this service as well as those wanting to stop using e-cigarettes. The service does not provide e-cigarettes.

The stop smoking service is available over the phone or by visiting a local wellness coach. Call 0800 061 4962 or email <mailto:letsget.healthydudley@nhs.net>

Resource Section - for local service information and links to download national campaign materials

For local service information please visit:

- **Let's Get Healthy Dudley:** www.lets-get.com
- **iZone:** www.izone.org.uk

Current national campaigns include:

- **One You calories (Nutrition on the Go)**
- **One You Active 10**

Visit the resource centre to download free national campaign resources:
<https://campaignresources.phe.gov.uk/resources/>

We'd really like to know what you think of this e-bulletin. Please share any thoughts with us publichealthvolunteers@dudley.gov.uk



Our mailing address is:
Public Health Department
Dudley Council
Council House
Dudley, West Midlands DY1 1HF

United Kingdom

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