

Conversation for Change

A tool for prompting small changes
for healthier choices



Aim of this tool

The Conversation for Change aims to help facilitate a **healthy conversation for positive behaviour change** with yourself and the groups/clients/patients you work with. The tool draws on Motivational Interviewing (MI) - a popular person-centred model - to strengthen an individual's motivation to make a positive behaviour change. Conversation for Change blends MI principles such as RULE and The Five A's, with OARS interactive techniques, to help individuals make small changes for healthier choices. These changes relate to their behaviours - within the contexts in which they live, learn, work, and play - which has positive impacts on their health and wellbeing.

Conversation for Change helps in facilitating or 'planting the seed' for behaviour change conversations on a range of health topics. This tool may be helpful when the topics spontaneously come up with someone you work with, or for a planned session. Below is an outline of the key behaviour change principles and techniques used in the tool.

Motivational Interviewing


R	Resist telling them what to do: avoid telling, directing or convincing someone about the right path to good health.
U	Understand their motivation: seek to understand their values, needs, abilities, motivations and potential barriers to changing behaviours.
L	Listen with empathy: seek to understand their values, needs, abilities, motivations and potential barriers to changing behaviours.
E	Empower them: Work with them to set achievable goals and identify techniques to overcome barriers.

O.	A.	R.	S.
Open ended Questions	Affirmations	Reflective Listening	Summarising
Encourages the individual to talk freely.	Builds rapport and makes the person feel understood without judgement .	Helps the person feel heard and starts the process of 'change talk'.	Reinforces the commitment to change, helps them feel supported.



The 5 A's

- Ask
- Advise
- Assess
- Assist
- Arrange



This toolkit is based on health promotion tools of the WoW! programme developed in South Africa [Marais F, Mc Quaide K, Lambert EV, (2021) WesternCape on Wellness (WoW!) Impact Report 2021: presented in terms of the Sustainable Developmental Goals 2030, Western Cape Government: Health, South Africa. www.westerncape.gov.za/wow].

Current health topics

Topics identified by a diverse range of people and practitioners: You can click on the topic title below to navigate straight to that section.

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Using the Tool

You are the expert in your field! The tool can be used as a conversation starter, or if you are new to a role that includes healthy conversations, it may provide prompts for specific questions on a particular health topic. This uses a person-centred approach, to identify along with your groups/clients/patients, any changes in their healthier choices towards achieving health and wellbeing goals.

The advantage is that there is no 'right or wrong' way to use it and the process is not a 'one size fits all'. You will find out what works for you. If you are using a printed copy, it may be useful to display the front pages with images and useful links for each topic, towards the client/group.

We welcome any suggestions for additional topics to be included. These will be developed by us, using the **Conversation for Change** approach, and added to the growing tool to facilitate **small changes for healthier choices**.

Public Health
Somerset Council
For further information, please contact
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We would value your feedback on using this tool. Please scan this QR Code to provide any comments: [C4C](#)

Blood Pressure (Hypertension)

1. What do you understand about high blood pressure?

Would it be helpful if we discussed this?

High blood pressure (hypertension) rarely has noticeable symptoms. If high blood pressure is left untreated, it increases your risk of serious problems such as strokes and heart attacks. Around a third of adults in the UK have high blood pressure, but many will not realise it due to the lack of symptoms. The only way to find out if your blood pressure is high is to have your blood pressure checked. This is a pain free and non-invasive check that you can even do yourself!

2. What do you think blood pressure means?

- Blood pressure is measured by 2 numbers.
- The systolic pressure (higher number) is the pressure when your heart beats and pumps the blood around your body.
- The diastolic pressure (lower number) is the pressure when your heart relaxes and refills with blood.

3. Do you know what your blood pressure is?

- **Ideal blood pressure:** considered to be below 140/90mmHg. Different individuals in different circumstances will have different acceptable blood pressures.
- **Risky blood pressure:** considered to be between 140/90mmHg and 179/119mmHg. You should contact your pharmacy, doctor or nurse for further checks and health promotion guidance.
- **High blood pressure:** considered to be above 180/120mmHg. If you have chest pain, headaches and/or blurred vision, it is advised to contact your doctor for a same day appointment or attend A&E
- **Do not be alarmed if you get an unexpected high value for either reading.** A single reading is not representative of your average resting blood pressure. Measure your blood pressure again at another time. If it continues to be high, contact your doctor or nurse.
- However, everyone's blood pressure will be slightly different. What is considered low or high for you may be normal for someone else.

4. What do you think could cause high blood pressure?

It is not always clear what causes high blood pressure, but these things can increase your risk:

- Not doing enough physical activity.
- Eating unhealthy foods, including too much salt and not enough vegetables or fruit.
- Drinking too much alcohol or coffee/caffeine.
- Unhealthy weight.
- Smoking.
- Old age or having a relative with high blood pressure.
- If you are of black African or black Caribbean descent.

5. How do you think somebody would know they have high blood pressure?

- The difficulty is that **there are no symptoms in most cases.**
- Many people with high blood pressure feel fine.
- Therefore, even if you feel fine, it is recommended you should still have your blood pressure checked regularly.
- If you are a healthy adult over 40, it is recommended that you get your blood pressure checked at least once every five years.
- If you are at increased risk of high blood pressure, it is advisable to have it checked more often, ideally once a year.

6. What do you think are some of the health effects associated with high blood pressure?

- Heart disease, heart attacks, and strokes.
- Peripheral arterial disease, aortic aneurysms.
- Kidney disease.
- Erectile dysfunction.
- Dementia.

7. How do you think blood pressure could be managed?

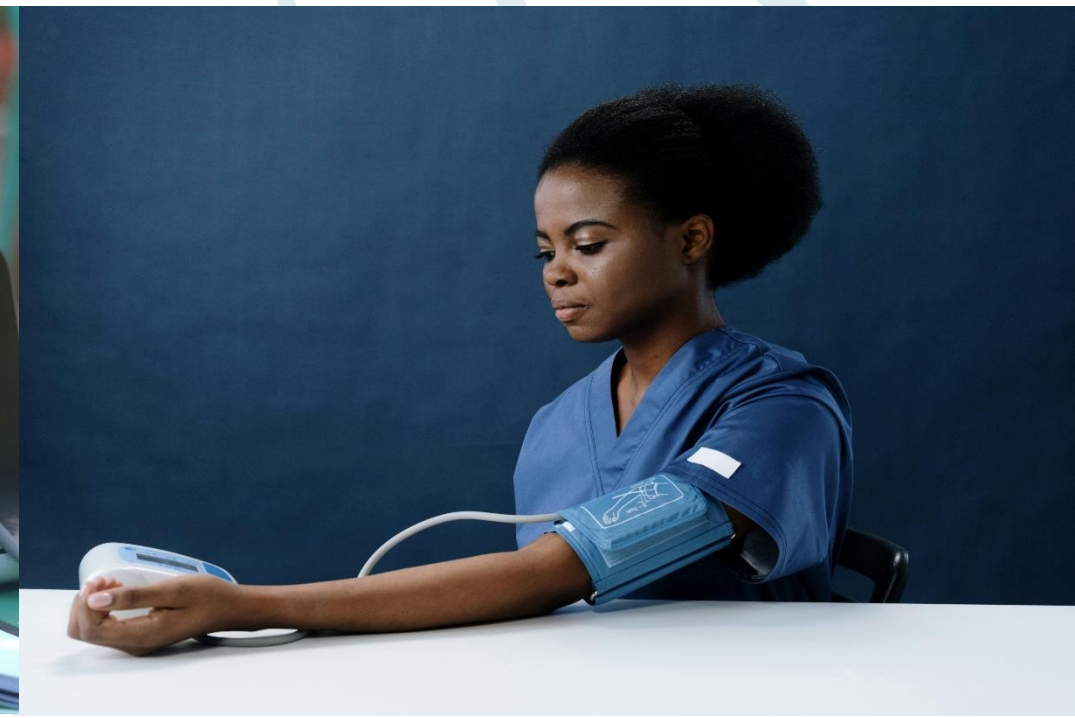
Always speak to a GP/Nurse if you have high blood pressure and be aware that lifestyle changes can help you:

- Reduce salt intake to less than 6g a day, which is about a teaspoonful – find out how to reduce the amount of salt in your diet.
- Eat plenty of fresh vegetables and fruits - get tips on eating more healthily.
- Be more active – read some tips about getting more exercise.
- Reduce alcohol intake – get tips on cutting down.
- Consider your weight – being within the healthy weight range will improve your blood pressure.
- Drink less caffeine – found in coffee, tea, cola, energy drinks, and chocolate.
- Stop smoking if a smoker.

Start making Small Changes for Healthier Choices!

- How important is it to you to manage your blood pressure?
- Can you think of one thing you could change this week to help manage your blood pressure?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Blood Pressure (Hypertension)



Want more information?

NHS: www.nhs.uk/conditions/high-blood-pressure-hypertension/

British Heart Foundation: www.bhf.org.uk/informationsupport/risk-factors/high-blood-pressure/symptoms-and-treatment

Public Health: www.healthysomerset.co.uk/healthy-body-and-mind/hypertension-hs/

Diabetes

1. What do you understand about diabetes?

Would it be helpful if we discussed this?

Type 1 diabetes - causes the level of sugar (glucose) in your blood to become too high. It happens when your body cannot produce enough of a hormone called insulin, which controls blood glucose. People with type 1 diabetes need to take insulin every day to manage their blood sugar levels.

Type 2 diabetes - a common condition that causes the level of sugar (glucose) in the blood to become too high, often linked to being overweight and/or inactive. If the appropriate lifestyle adaptations are not made, then it could become a life-long condition that can affect your everyday life. People with type 2 diabetes are advised to change their lifestyle and diet in order to avoid daily medication and needing regular check-ups.

Gestational diabetes – high blood sugar (glucose) that develops during pregnancy (usually disappears after giving birth). It can happen at any stage of pregnancy but is more common in the second or third trimester. In gestational diabetes the body cannot produce enough of the hormone insulin to meet the extra needs in pregnancy.

2. How do you think you can manage your diabetes, aside from medication?

- Making healthier food choices.
- Being more active.
- Losing weight.
- Managing stress effectively.

3. How can you make healthier food choices?

- Plan your meals before you go shopping.
- Make a list of what you need to buy.
- Do not go shopping when hungry.
- Keep foods containing sugar, fat, and salt to a minimum.
- Eat three meals a day – do not skip meals.
- Pregnant? It is important to understand foods to be avoided (certain fish & cheeses).

4. Could you swap any snacks for healthier alternatives to reduce sugar intake?

- Start off with small swaps, such as cakes and biscuits for nuts, seeds, or fruit.
- These will keep you feeling fuller for longer as well as nourishing you!

5. Do you know if people with diabetes can eat fruit?

- Eating vegetables and fruit is important if you are living with diabetes, or not.
- Being mindful of fruit portion sizes is important.
- Vegetables and fruit are associated with lower risk of heart disease and certain cancers. They also provide fibre, minerals, vitamins and phyto-nutrients (antioxidant plant nutrients) which appear to have a protective effect against disease and ill health.
- The sugar in whole fruit does not count towards free sugars (see the “Be Sugar Smart” topic), It is better to reduce free sugar consumption from drinks, cakes, chocolate and biscuits, as well as juices, honey and spreads.
- For more information, or if you are concerned, speak to your diabetic specialist health practitioner to work out a healthier eating plan with you.

6. When should you try to check your blood sugar level?

- Before a meal.
- 2 to 3 hours after a meal.
- Before, during (take a break), and after exercise.
- Before bed.

7. Do you know how often to have your diabetes check-up?

- It is important to have a glucose test every year, since many people don't know they have diabetes. If you have signs or a family history of diabetes, then go for tests more regularly.
- Common signs suggestive of possible diabetes include: frequent urination, excessive thirst, increased hunger, extreme fatigue, wounds that won't heal, and/or unexplained weight loss.

Start making Small Changes for Healthier Choices!

- How important is it to you to manage your blood sugar/diabetes?
- Can you think of one thing you could change this week to manage your blood sugar/diabetes?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Diabetes



Want more information?

NHS: www.nhs.uk/conditions/diabetes/

NHS: www.nhs.uk/conditions/gestational-diabetes/

Diabetes UK: www.diabetes.org.uk/

Waist Size

1. What do you understand about the link between waist size and health?

Would it be helpful if we discussed this?

Waist size provides a good measure of fat around our middle. It is easier to understand than the traditionally used Body Mass Index (BMI) which is a measurement of weight relative to our height (this is more likely to be used by doctors and nurses). Losing weight will reduce our waist size which is good for our health and wellbeing.

2. What do you think a healthy waist size is?

(These are the guidelines for people of **White European, Black African, Middle Eastern, and Mixed origin**).

Men:

Low Health Risk: Below 94cm (37in)

High Health Risk: 94-102cm (37-40in)

Very High Health Risk: More than 102cm (40in)

Women:

Low Health Risk: Below 80cm (31.5in)

High Health Risk: 80-88cm (31.5-34.6in)

Very High Health Risk: More than 88cm (34.6in)

For people of **African Caribbean, South Asian, Chinese, and Japanese origin:**

Men:

Low Health Risk: Below 90cm (35.4in)

Very High Health Risk: Above 90cm (35.4in)

Women:

Low Health Risk: Below 80cm (31.5in)

Very High Health Risk: Above 80cm (31.5in)

Note: There is no 'high risk' category for people of African Caribbean, South Asian, Chinese, and Japanese origin. People of these ethnic origins tend to carry more fat and less muscle at the same weight as a white European. And the risk of diabetes and heart and circulatory diseases starts to increase at a lower weight gain than for Europeans.

3. Can you demonstrate to me how you would measure your waist?

- Find the bottom of your ribs and the top of your hips.
- Place a tape measure around your middle at a point halfway between them (just above the belly button).
- Make sure it is pulled tight but isn't digging into your skin.
- Breathe out naturally and take your measurement.
- Take your measurement again, just to be sure.

4. Waist Measurement and BMI* calculations are not suitable if you:

- Have an eating disorder – please get further advice from a GP.
- Are pregnant – your BMI will go up as your weight increases during pregnancy. Use your pre-pregnancy weight when calculating your BMI.
- Are under 18 years old – children and young people's weight is measured in centiles based on an average from national surveys. If you are concerned about your child's weight, see your doctor or nurse.

5. What do you think are some of the effects of being overweight?

- Fat builds up around your organs and is linked to high blood fat levels.
- Fat builds up within the organ meaning its function is impaired.
- High blood pressure.
- Type 2 diabetes.
- A larger waist circumference usually means there is excess strain on joints leading back, knee and hip issues.
- Can cause sleeplessness.

*BMI is a calculation of your weight in kg / height (m²) see the NHS link.

Start making Small Changes for Healthier Choices!

- How important is it to you to manage your waist size?
- Can you think of one thing you could change this week to help manage your waist size?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Waist Size



Want more information?

NHS: www.nhs.uk/live-well/healthy-weight/bmi-calculator/

British Heart Foundation: <https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/measuring-your-waist>

Public Health: www.healthysomerset.co.uk/healthy-body-and-mind/healthy-weight/

Oral Health

1. What do you understand about oral health? Would it be helpful if we discussed this?

Oral health is the state of the mouth, teeth, and gums, important for essential functions including eating and speaking. Good oral health enables us to have self-confidence, speak and eat efficiently. Oral diseases are among the most common preventable disease. Simple and regular attention can prevent avoidable complications.

2. What do you think are some of the potential effects of poor oral health?

- Gum disease.
- Tooth loss.
- Bad breath.
- Lack of confidence and self-esteem.
- Oral cancer.
- Digestive issues.
- Speech difficulties.
- Poor oral health can be linked to diabetic complications, heart disease, respiratory infections, rheumatoid arthritis, and dementia.

3. How do you think oral health could be managed daily?

- Ensure thorough brushing at least twice a day for a minimum of two minutes.
- Ensure you brush your tongue and gums.
- Adults should clean between their teeth daily.
- Use an appropriately sized and firmness brush.
- Spit, do not rinse when brushing. Resist rinsing your mouth immediately after brushing as this will wash away the concentrated fluoride in the remaining toothpaste.
- Reduce all foods and drinks with added sugars.
- Limit any alcohol intake.
- Stop smoking if a smoker.
- Have regular dental check-ups.
- If you need dental treatment in an emergency, call a dentist. Some surgeries offer appointments at short notice; if you do not have a dentist, find one using [NHS 111](#)

Adult and Adolescent Tooth Brushing

1. How long do you think you should brush your teeth for and how often?

- Brush your teeth for about 2 minutes last thing before you go to bed and on 1 other occasion every day. After brushing, spit out any excess toothpaste.

2. Do you think using a manual or electric toothbrush is better?

- They are both equally good, as long as you clean all the surfaces of all your teeth, and you use fluoride toothpaste. Some people find it easier to clean their teeth thoroughly with an electric toothbrush.

3. What do you think is important to look for in a toothpaste?

- Adults should use a toothpaste that contains at least 1,350 parts per million (ppm) fluoride.

4. If using mouthwash, what do you think needs to be considered?

- Using a mouthwash that contains fluoride can help prevent tooth decay, but do not use mouthwash (even a fluoride one) straight after brushing your teeth or it will wash away the concentrated fluoride in the toothpaste left on your teeth.
- Choose a different time to use mouthwash, such as after lunch.
- Do not eat or drink for 30 minutes after using a fluoride mouthwash.

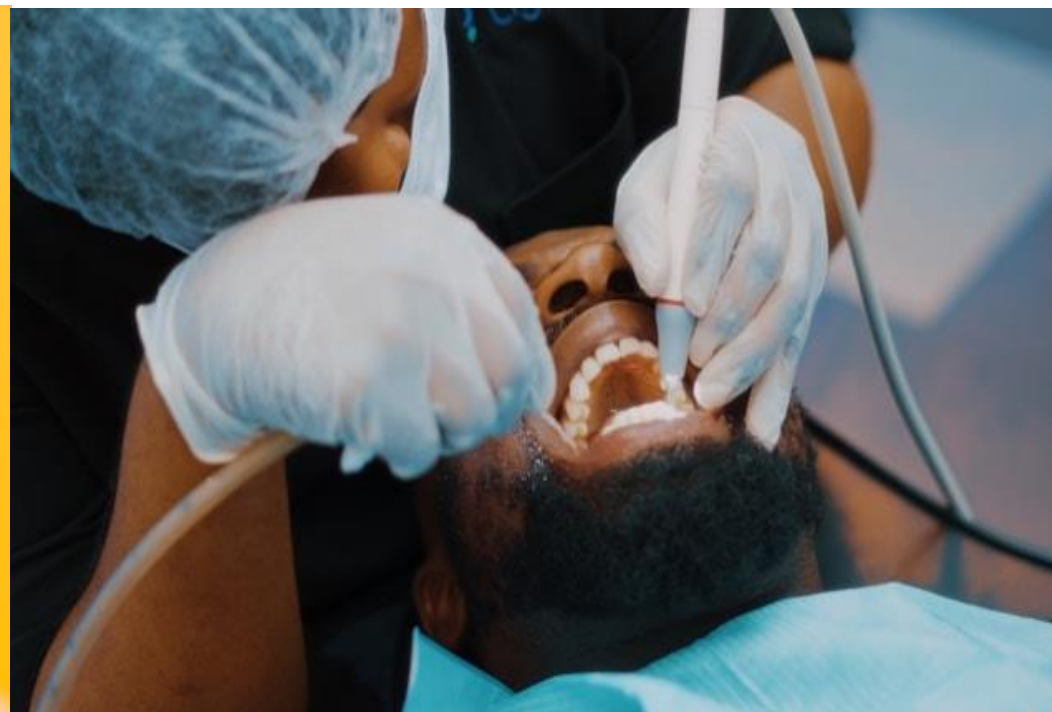
5. What is your understanding of the benefits of flossing?

- Flossing is not just for dislodging food wedged between your teeth.
- Regular flossing may also reduce gum disease and bad breath by removing plaque that forms along the gum line.

Start making Small Changes for Healthier Choices!

- How important is it to you to manage your oral health?
- Can you think of one thing you could change this week to help manage your oral health?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Oral Health



Want more information?

NHS: www.nhs.uk/live-well/healthy-teeth-and-gums/

Oral Health Foundation: www.dentalhealth.org/

Public Health: www.healthysomerset.co.uk/healthy-body-and-mind/oral-health/

Oral Health (continued): Children

Babies and Children's Teeth Brushing

1. Children aged up to 3 years:

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush the teeth.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.
- Visit a dentist by age 1.

2. Children aged 3 to 6 years:

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Parents or carers should brush the teeth.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and do not rinse – if you rinse, the fluoride will not work as well.
- Speak to your Health Visitor or early years providers about oral health and local oral health improvement schemes (supervised toothbrushing and fluoride varnish). Ask your dentist about the benefits of fluoride varnish.

3. Children aged 7 and over:

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).
- Spit out after brushing and don't rinse – if you rinse, the fluoride will not work as well.
- Children aged 7 and over should be able to brush their own teeth, but it is still a good idea to watch them to make sure they brush properly and for about 2 minutes.

Start making Small Changes for Healthier Choices!

- How important is it to you to manage your child's oral health?
- Can you think of one thing you could change this week to help manage your child's oral health?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Oral Health (continued): Children



Want more information?

NHS: www.nhs.uk/live-well/healthy-teeth-and-gums/

Oral Health Foundation: www.dentalhealth.org/

Public Health: www.healthysomerset.co.uk/healthy-body-and-mind/oral-health/

Mind Matters

1. What do you understand about mental wellbeing?

Would it be helpful if we discussed this?

Approximately 1 in 4 people will experience some form of mental health problem in their lifetime. Mental health has various impacts including our ability to cope with everyday life and is an essential aspect of our general well-being. Mental health can fluctuate day to day, but with the correct support can, for the majority, be managed effectively.

2. What do you think could help to manage mental wellbeing?

- **Connect with other people:** for example, see friends and family or join a local group where you can meet people and interact with others when you want to.
- **Try to get natural light:** open curtains and windows to get natural light and fresh air.
- **Get outdoors:** a short walk, or even just sitting in an outdoor space, will have benefits on your mental health and general well-being.
- **Use Mindfulness Apps:** there are several helpful and free to use apps.
- **Learn new skills:** this can positively impact on your self-esteem and self-worth. It also provides you with the opportunity to meet other people with similar interests. A new skill could be, cooking a new recipe, pottery, or a new sport.

3. How do you think someone could be supported if they wanted to talk about their mental wellbeing?

- **Time:** make sure you have the time available to support the individual without any interruptions.
- **Listen:** let the person talk as much as they feel comfortable to, for as long as they need to. Uninterrupted.
- **Do not diagnose:** you are most likely not a medical expert! Acknowledge that they have been heard, offer reassurance and support where appropriate and signpost to specialist organisations which can help. Do not ever assume, offer solutions, or try to give a diagnosis.
- **Use open questions:** open questions such as 'can you tell me more about that?' can help the person to feel able to share more comfortably.
- **Talk about well-being:** it is good to talk about self-care and emphasise the importance of taking time for themselves in support of their mental health (it is also important that you recognise the boundaries and limits of your capacity to support appropriately).

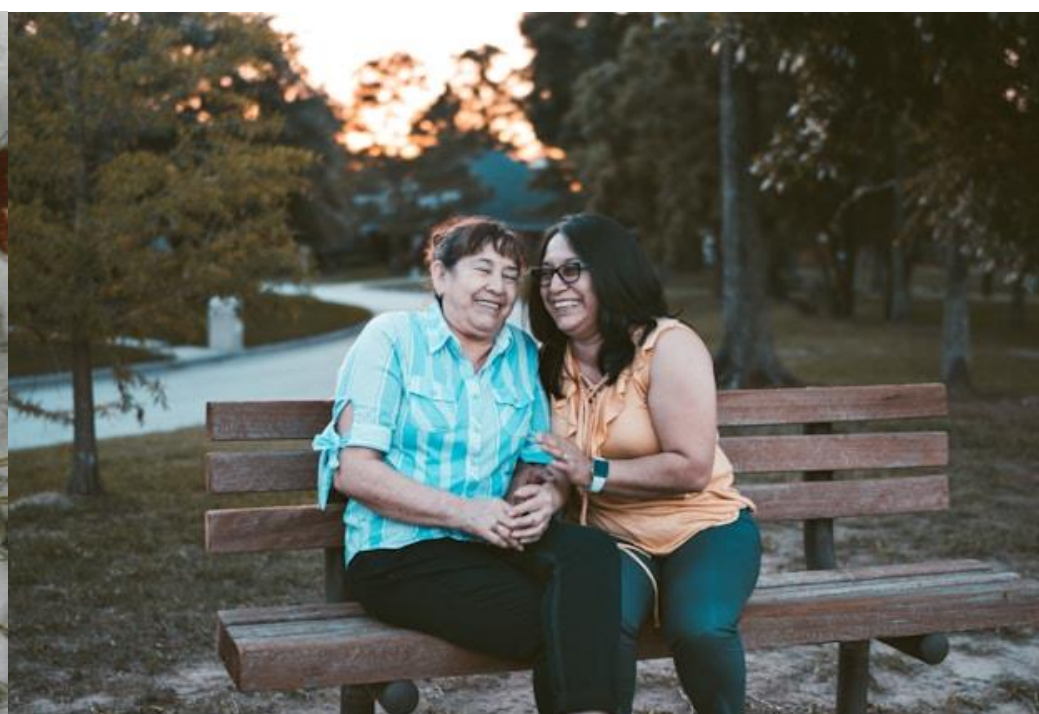
4. Do you know where to get support if you or someone else needs urgent help?

- Contact your GP Surgery (Check opening times)
- Call the Samaritans – 0330 094 5717 (24/7)
- Text SHOUT to 85258 (24/7)
- Somerset Mindline – 01823 276 892 OR 0800 138 1692 (24/7)
- **Contact 999 in an emergency**

Start making Small Changes for Healthier Choices!

- How important is it to you to manage your mental wellbeing?
- Can you think of one thing you could change this week to manage your mental wellbeing?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Mind Matters



Want more information?

NHS: www.nhs.uk/mental-health/

MIND: www.mind.org.uk/

Public Health: www.healthysomerset.co.uk/mental-health-and-wellbeing/

Think About Your Drink

1. What do you understand about the link between alcohol and health? Would it be helpful if we discussed this?

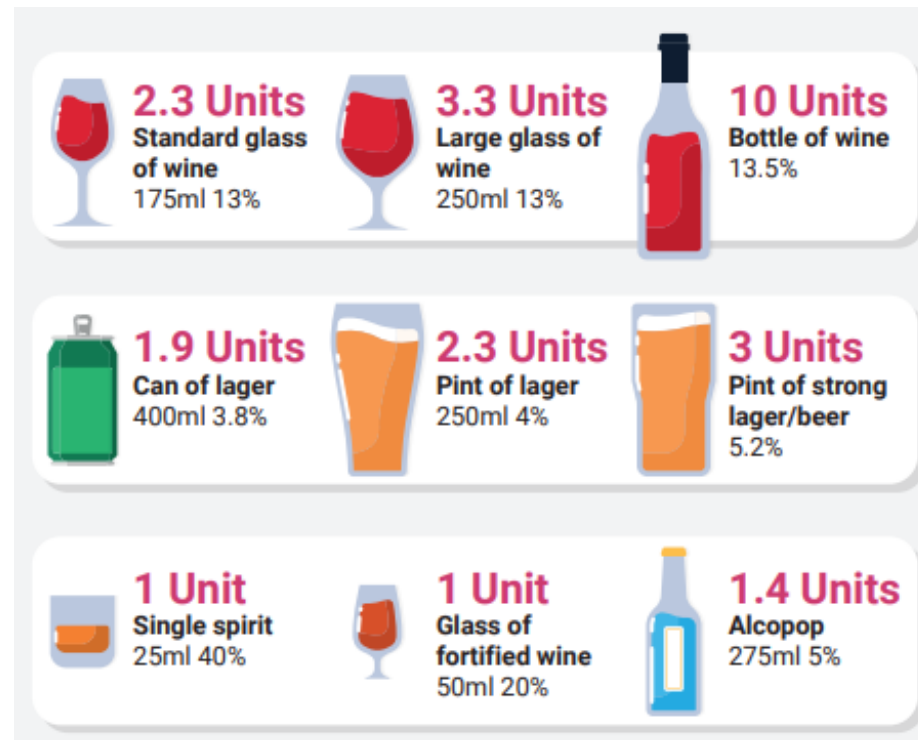
Alcohol is a known risk factor for more than 60 health conditions including throat, stomach and liver cancers, and high blood pressure. Alcohol can also have a negative impact on your mental health, relationships, and increase violence.

2. What do you know about the recommended guidelines for drinking alcohol?

- Men and women are advised to drink no more than 14 units of alcohol per week.

3. Can you explain what a unit of alcohol is?

- Units are a simple way of expressing the quantity of pure alcohol in a drink. The number of units in a drink is based on the size of the drink, as well as its alcohol strength.



4. What do you think are some of the short-term effects of drinking too much alcohol?

- Lowered inhibitions leading to poor social judgement.
- Loss of coordination.
- Blurred vision.
- Mood swings.
- Raised blood pressure.
- Vomiting.
- Passing out.

5. What do you think are some of the long-term effects of drinking too much alcohol?

- Damage to the brain, including memory loss.
- Trouble concentrating and/or learning.
- Fibrosis of the liver.
- Cancers (throat, mouth, breast, liver, colorectal, oesophageal).
- High blood pressure and risk of stroke.
- Weight gain.
- Unemployment.
- Domestic Abuse.
- Social isolation.
- Breakdown of relationships.
- Homelessness.

6. How do you think alcohol intake could be managed?

- Try lower strength drinks.
- Alternate alcohol drink with a glass of water.
- Have several drink-free days each week.
- Have a smaller drink – swap a pint for a bottle, or a smaller glass of wine.
- Set a budget and only spend a fixed amount on alcohol.
- Tell friends and family so they can offer support.

7. What do you think some of the benefits are to reducing alcohol?

- Improved digestive and immune system functioning.
- Feeling better in the mornings and feeling more energetic during the day.
- Better skin.
- Better weight management.
- Improved mood, sleep, judgement, behaviour, and relationships.
- Saving money.

Start making a Small Changes for Healthier Choices!

- How important is it to you to manage your alcohol intake?
- Can you think of one thing you could change this week to manage your alcohol intake?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Think About Your Drink



Want more information?

NHS: www.nhs.uk/live-well/alcohol-advice/

Alcohol Change: www.alcoholchange.org.uk

Somerset Drug & Alcohol Service: www.turning-point.co.uk/services/sdas

Public Health: www.healthysomerset.co.uk/healthy-body-and-mind/alcohol-and-responsible-drinking/

Shop, Cook and Eat Smart

1. What do you understand about the benefits of shopping, cooking, and eating smarter? Would it be helpful if we discussed this?

Eating healthier, nutritionally balanced food, is an important part of achieving good health, both physically and mentally. This means eating a wide variety of minimally processed foods that provide good nutrition (carbohydrates, proteins, fats, vitamins, and minerals) in the appropriate amounts to be healthier and to achieve a healthier weight. With smart planning for food shopping and preparing/cooking, it is possible to eat healthier without spending more

2. What do you understand about shopping smarter?

Planning your food shop.

- Plan your meals before you go shopping.
- Make a list of what you need to buy.
- Look out for special offers on healthier foods.
- Try not to shop when hungry.

Buying foods that are in season, frozen or tinned.

- Compare the price of fresh to frozen foods.
- It's cheaper to buy vegetables or fruit that are in season.
- Choose frozen or tinned vegetables if the fresh equivalent cannot be eaten in good time.
- Consider tinned fish such as tuna and sardines that are often cheaper than fresh fish.

Buying in bulk.

- Where possible, buy fruit, vegetables, or meat in bulk and freeze it so it lasts longer.
- Buying certain items in bulk is more cost effective.
- Buying a whole chicken is cheaper than buying in portions.

3. What do you understand about cooking smarter?

Using healthier cooking methods.

- If possible, steam vegetables instead of boiling them to retain their nutrients.
- Alternatives to deep fried food are always a smarter cooking option.
- Reducing the use of salt and sugar during cooking is recommended.

Making food go further and last longer.

- Bulk out food with beans, lentils, chickpeas, or other pulses.
- Adding seasonal starchy root vegetables to a dish can make it go further.
- Cooking extra portions in the evening to use the next day.
- Batch cooking is a smart way to save time and energy costs.
- If fruit and vegetables are getting old, cook and freeze them to use later.
- Minimise waste by using stems and leaves of vegetables in soups and stews.

4. What do you understand about eating smarter?

Eating the right portion size.

- Moderate portion sizes
- Eat more slowly and mindfully.
- Eat socially around a table.
- Reduce plate sizes.
- Limit second helpings.

Eating more home prepared/cooked meals.

- It is cheaper and healthier than fast food and takeaways.
- Take a packed lunch to work or school, as these are more cost effective than buying out of the home.

Eating more vegetables, beans, pulses, whole grains, and fruit.

- They provide a wide range of nutrients that are vital for good health.
- They are high in fibre, vitamins, and minerals.
- Try to eat more plant protein (e.g., beans, pulses, and nuts) than animal protein (e.g., meat, fish, eggs).
- Where possible, grow vegetables, herbs and fruit at home.

Start making Small Changes for Healthier Choices!

- How important is it to you to shop, cook and eat smarter?
- Can you think of one thing you could change this week to shop, cook and eat smarter?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Shop, Cook and Eat Smart



Want more information?

NHS Healthier Recipes: www.nhs.uk/healthier-families/recipes/

Public Health: www.healthysomerset.co.uk/healthy-body-and-mind/nutrition-and-eating-well/

Be Sugar Smart

1. What do you understand about the different types of sugar?

Would it be helpful if we discussed this?

Adults and children in the UK eat and drink too much **'free sugar'**. This is sugar added to foods and drinks by a food manufacturer, in a restaurant or by you at home. Sugar found naturally in fruit, vegetables, and milk, does not count as free sugars, these are called **natural sugars**. However, honey, maple syrup and fruit juices are all considered free sugars.

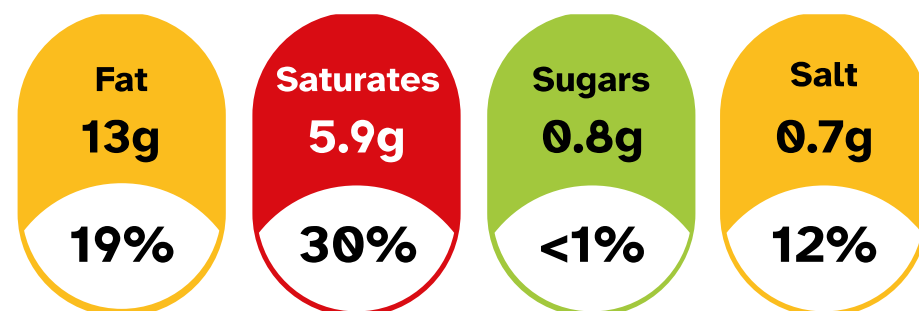
2. What do you think is the recommended maximum sugar intake daily?

- Adults should have no more than 30g (7 teaspoons).
- Children aged 7-10 should have no more than 24g (6 teaspoons).
- Children aged 4-6 should have no more than 19g (5 teaspoons).
- Children under 4 should avoid all sugar sweetened drinks or foods with added sugar.

3. How can you tell how much sugar is in foods or drinks?

- The traffic light system on food packaging indicates if the food is considered a high, medium, or low sugar food. However, the colour does not indicate whether the sugar content is from naturally occurring or free sugars.

- **High:** more than 22.5g of sugar per 100g more than 27g per portion.
- **Medium:** more than 5g but less than or equal to 22.5g of sugar per 100g.
- **Low:** less than or equal to 5g of sugar per 100g.



- Be mindful that food manufacturers have different guidelines to follow than what the NHS recommends for daily intakes of sugar.
- Food labels include ingredients listed in order of mass.
- If sugar is in the top three ingredients, it is likely to be a high sugar food.

4. Do you know what are other words used to describe sugar on food labels?

- Fructose, sucrose, glucose, dextrose, maltose.
- Cane sugar.
- Honey, corn syrup.
- Molasses.
- Fruit juice concentrates/purees.
- Maple and agave syrup.

5. How do you think eating and drinking too much sugar might affect you?

- Tooth decay.
- Tiredness.
- Type 2 diabetes.
- Heart disease.
- Weight gain.
- Digestive issues.
- Cancer.

6. How do you think sugar intake in drinks could be managed daily?

- Try water, milk, sugar free or no added sugar drinks instead of sugary ones.
- Limit the consumption of smoothies and fruit juices to 150ml a day.
- If you like fizzy drinks, try adding sparkling water to no-added sugar squash.
- Gradually reduce the amount of sugar you add to hot drinks.

7. How do you think sugar intake in foods could be managed daily?

- Instead of high sugar spread such as jam, chocolate spread, marmalade, or honey, try a sliced banana, marmite, or no added sugar peanut butter.
- If consuming tinned fruit, choose that in juice not syrup.
- Choose wholegrain breakfast cereals that are not frosted or coated with honey or chocolate.
- Add fruit to cereal to sweeten it, instead of free sugar.

Start making Small Changes for Healthier Choices!

- How important is it to you to manage your sugar intake?
- Can you think of one thing you could change this week to help manage your sugar intake?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Be Sugar Smart



Want more information?

NHS: www.nhs.uk/healthier-families/food-facts/sugar/

Sugar Smart UK: <https://www.sustainablefoodplaces.org/campaigns/2017sugarsmartuk/>

Public Health: www.healthysomerset.co.uk/healthy-body-and-mind/nutrition-and-eating-well/

Be Salt Smart

1. What do you understand about salt intake? Would it be helpful if we discussed this?

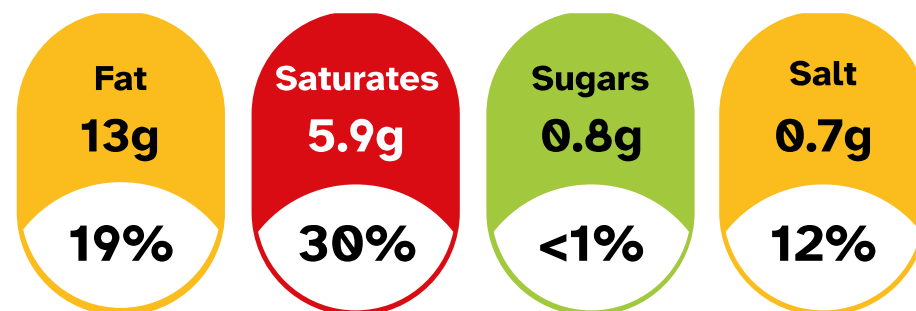
Many people are not aware that they eat/drink more than the recommended intake of salt. Some people add salt to their food, however three-quarters of the salt we eat/drink is already in the foods we buy. Foods and drinks can contain a lot of salt even if it does not taste salty.

2. What do you think is the recommended maximum salt intake daily?

- **Adults:** should eat no more than 6g of salt a day (2.4g sodium) – that's around 1 teaspoon.
- **Children aged:**
 - 1 to 3 years should eat no more than 2g salt a day (0.8g sodium).
 - 4 to 6 years should eat no more than 3g salt a day (1.2g sodium).
 - 11 to 10 years should eat no more than 5g salt a day (2g sodium).
 - 11 years and over should eat no more than 6g salt a day (2.4g sodium).
- **Babies:** should not eat salt, because their kidneys are not fully developed to process it.

3. How do you think you can tell how much salt is in your food?

- The traffic light system on food packaging indicates if the food is considered a high, medium, or low salt food.
 - **High:** More than 1.5g salt (0.6g sodium) per 100g.
 - **Medium:** Between 0.3g - 1.5g salt (0.1 – 0.6g sodium) per 100g.
 - **Low:** 0.3g salt (0.1g sodium) or less per 100g.



- The term 'salt' on food labels includes all the sodium in a food. While the vast majority of sodium comes from salt (sodium chloride) added by the food manufacturer, a small amount can be naturally occurring.
- If the label only gives sodium, you can work out the amount of salt by multiplying the total sodium by 2.5. For example, 1g of sodium per 100g is 2.5g of salt per 100g.

4. What do you think are some of the potential effects of eating too much salt?

- High blood pressure which can lead to heart disease and strokes.
- Kidney stones and disease.
- Bloating and water retention.
- Extreme thirst.

5. Can you think of some foods that you know to be high in salt?

- Processed meats such as bacon, sausages, and salami.
- Sauces and flavourings such as ketchup, soy sauce, stock cubes, gravy granules, mustard, mayonnaise, and pickles.
- Bread and bread products such as crumpets and bagels.
- Ready meals and convenience foods such as pizza, microwave burgers, instant noodles, and ready-made pasta or curry sauces.
- Crisps and salted nuts.
- Takeaways and fast food.

6. How do you think salt intake could be managed daily?

- A conscious reduction of the consumption of ready-made meals, sauces, tinned food, and instant noodles.
- Check salt content in snacks and make healthier choices accordingly. For example, choose vegetables such as carrot or cucumber sticks or fruit such as apple or banana.
- Use salt alternatives in cooking such as black pepper, fresh herbs, spices or make your own stock and gravy.
- Taste your food first before adding extra salt at the table.
- Thinking about ordering a takeaway? Try a quick and easy fake away recipe instead.
- Remove the salt from the dinner table so people don't add extra.

Start making Small Changes for Healthier Choices!

- How important is it to you to manage your salt intake?
- Can you think of one thing you could change this week to help manage your salt intake?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Be Salt Smart



Want more information?

NHS: www.nhs.uk/healthier-families/food-facts/salt/

Action on Salt: www.actiononsalt.org.uk/

Public Health: www.healthysomerset.co.uk/healthy-body-and-mind/nutrition-and-eating-well/

Let's Get Moving Together!

1. What do you understand about physical activity?

Would it be helpful if we discussed this?

Daily activity is important not only for physical health but also for mental health. Participating in physical activity on a regular basis can reduce risk of illnesses such as type 2 diabetes, coronary heart disease and stroke. It can also reduce risk of premature death. So let's get a move on!

2. What types of physical activity are you aware of?

- **Any form of movement** is good for physical and mental health such as walking, swimming, running or cycling.

3. What do you think are some of the benefits of physical activity?

- Improves blood sugar control.
- Supports digestive function.
- Improves mental health and general wellbeing.
- Building muscle, bone, and core strength, and improving balance.
- Improves heart health and blood pressure.
- Increased energy and improves sleep.
- Helps weight management.
- Reduces risk of chronic illness.
- Having fun and social connection.

4. What is your understanding of the term aerobic exercise?

It is physical activity that increases your heart rate and breathing.

Examples:

- A brisk walk.
- Cycling on level ground.
- Gentle swimming.
- Water aerobics.
- Doubles tennis.
- Walking football.
- Using stairs instead of escalators.

It can also include everyday tasks such as:

- Pushing a lawnmower.
- Painting and decorating.
- Heavy gardening.
- Housework/Spring cleaning.

5. What is your understanding of the term vigorous exercise?

It is physical activity that increases the heart rate and breathing to the extent where you cannot hold a conversation. Examples:

- Running or cycling up a hill or on difficult terrain.
- Swimming at pace.
- Single tennis.
- Squash.

Start making Small Changes for Healthier Choices!

- How important is it to you to manage your physical activity?
- Can you think of one thing you could change this week to manage your physical activity?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Let's Get Moving Together!



Want more information?

NHS: www.nhs.uk/live-well/exercise/

SASP: www.sasp.co.uk/about

Public Health: www.healthysomerset.co.uk/healthy-body-and-mind/getting-active-and-moving-more/

Let's Get Moving Together! (Adult Recommendations)

Physical activity for adults and older adults

Benefits health	Type II Diabetes -40%
Improves sleep	Cardiovascular disease -35%
Maintains healthy weight	Falls, depression etc. -30%
Manages stress	Joint and back pain -25%
Improves quality of life	Cancers (colon and breast) -20%

Some is good, more is better | Make a start today: it's never too late | Every minute counts

Be active

at least **150** minutes moderate intensity per week **OR** at least **75** minutes vigorous intensity per week

Build strength on at least **2** days a week

Minimise sedentary time Break up periods of inactivity

Improve balance For older adults, to reduce the chance of frailty and falls **2** days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

Physical Activity for Disabled Adults

Make it a daily habit

Disabled adults

- Improves mental health and quality of life
- Makes maintaining a healthy weight easier
- Makes daily tasks easier and increases independence
- Strengthens muscles and bones
- Improves fitness
- Improves mobility and balance
- Helps to prevent chronic disease
- Creates opportunities to meet new people and feel part of the community
- Physical activity makes you feel good
- Being inactive is harmful to health
- Don't be still for too long
- Even a little movement is better than nothing

Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:

- Can talk, but not sing = moderate intensity activity
- Difficulty talking without pausing = vigorous intensity activity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

Not active? Start gradually | **Already active?** Keep going

Throughout pregnancy aim for at least 150 minutes of moderate intensity activity every week

Home (Walking, Stairs, Sport)

Out and about (Brisk walk, Cycle, Yoga, Bows, Tai Chi)

Leisure (Swimming, Running)

Do muscle strengthening activities twice a week

No evidence of harm | Listen to your body and adapt | Don't bump the bump

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Let's Get Moving Together! (Adult Recommendations)



Want more information?

NHS: www.nhs.uk/live-well/exercise/

SASP: www.sasp.co.uk/about

Public Health: www.healthsomerset.co.uk/healthy-body-and-mind/getting-active-and-moving-more/

Let's Get Moving Together!

(Children Recommendations)

Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- MAINTAINS HEALTH & WEIGHT
- CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
- IMPROVES SLEEP
- DEVELOPS MUSCLES & BONES
- ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least **180** Minutes per day for children 1-5 years

Under-1s at least 30 minutes across the day

- OBJECT PLAY
- DANCE
- GAMES
- PLAY
- TUMMY TIME
- SWIM
- WALK
- SCOOT
- BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for children and young people (5 – 18 Years)

- BUILDS CONFIDENCE & SOCIAL SKILLS
- MAINTAINS HEALTHY WEIGHT
- DEVELOPS CO-ORDINATION
- STRENGTHENS MUSCLES & BONES
- IMPROVES SLEEP
- IMPROVES CONCENTRATION & LEARNING
- IMPROVES HEALTH & FITNESS
- MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

Get strong **Move more**

PLAY, RUN/WALK, BIKE, ACTIVE TRAVEL, SWIM, SKATE, SPORT, PE, SKIP, CLIMB, WORKOUT, DANCE

INACTIVITY

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about

- Equality
- Inclusivity
- Finding what's fun
- Exploring what activities make you feel good

Benefits of physical activity



How much physical activity should I do?

- When starting build up slowly. Ask: Can you do this today?
- Do bitesize chunks of physical activity throughout the day
- For good health benefits do **20 mins** of physical activity per day
- Do challenging but manageable strength and balance activities 3 times per week
- Small amounts of physical activity are good for you as well

UK Chief Medical Officers' Physical Activity Guidelines for Disabled Children and Disabled Young People 2022. This infographic was co-produced with disabled children, disabled young people, parents and carers.

Let's Get Moving Together! (Children Recommendations)



Want more information?

NHS: www.nhs.uk/live-well/exercise/

SASP: www.sasp.co.uk/about

Public Health: www.healthsomerset.co.uk/healthy-body-and-mind/getting-active-and-moving-more/

Sleeping Well

1. What do you understand about sleeping well?

Would it be helpful if we discussed this?

Sleep is essential to all aspects of our health. Sleep helps us feel alert and refreshed. Sleep has direct impact on our physical, mental, and emotional wellbeing.

2. What do you think are the benefits of sleeping well?

- Improves our mood.
- Better blood sugar control.
- Supports our immune system.
- Helps digestive health.
- Helps maintain a healthy weight.
- Helps concentration and focus.
- Helps body recover from exhaustion.

3. What do you think is the recommended number of hours sleep for adults per night?

- The recommendation is **seven to nine** hours of sleep each night.
- However, the **quality of sleep** is more important than the number of hours slept.

4. What is our understanding of a 'good' sleep routine?

- Doing a relaxing activity before bed to 'wind down' in preparation for sleep. For example, read a book, practice mindfulness, take a warm shower or bath.
- Create a consistent sleep schedule including at weekends.
- Avoid caffeine, nicotine, and alcohol before bedtime, as these are stimulants.
- Avoid eating late at night as this can make it uncomfortable to sleep.
- It may be helpful to jot down your worries or concerns on a pad so that they are less likely to be on your mind and enable you to fall asleep.
- Avoid screens before bedtime to promote a 'digital detox'.
- Avoid exercise before bedtime as the 'feel good' hormones released create alertness.
- Getting out into early morning sunlight and fresh air can be helpful to induce a healthy sleep pattern.

5. What is your understanding of a good 'sleep environment'?

- Eliminate unwanted light – e.g., use blackout curtains or an eye mask.
- If you can, replace worn mattresses and have adequate pillows which support the head and neck.
- If you can, use an alarm clock as opposed to a phone with an alarm, to help deter using electronics before bedtime.
- Ideally move digital devices away from your bed.
- Reduce screen time before sleeping (particularly for young children).
- In the Summer months use a quiet fan or open a window to create an optimum temperature.

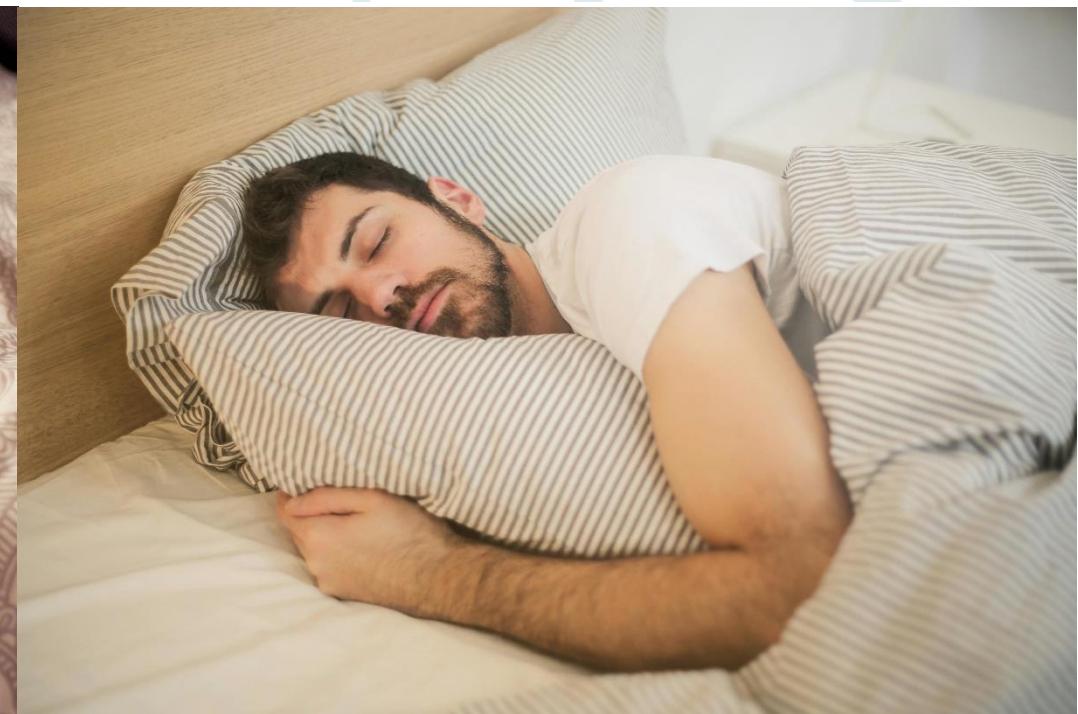
6. When struggling to sleep, what do you think could help?

- Develop a good sleep routine.
- Create a good sleep environment.
- If appropriate seek support from your doctor or nurse.
- Be careful what guidance is offered on social media.

Start making Small Changes for Healthier Choices!

- How important is it to you to sleep well?
- Can you think of one thing you could change this week to manage your quality of sleep?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Sleeping Well



Want more information?

NHS: www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/

NHS: www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Other/Sleep-hygiene-3276-PIL.pdf

MIND: www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/

Public Health: www.healthysomerset.co.uk/keeping-you-well/sleeping-well/

Sun Protection

1. What do you understand about sun protection?

Would it be helpful if we discussed this?

Sunburn increases your risk of skin cancer. Sunburn does not just happen during Summer months or when abroad. You can burn even if the weather is cloudy. A tan does not protect your skin from the sun's harmful effects. It is a balancing act between protecting yourself from the sun and sunburn along with, getting enough vitamin D from sunlight to benefit your health.

If outside, spend time in the shade during the part of the day when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

2. How would you apply sunscreen effectively to protect your skin from harmful damage?

- People with all skin types need to apply sunscreen.
- Most people do not apply enough sunscreen.
- As a guide, adults and children should liberally apply sunscreen covering all parts of the body exposed to the sun.
- If sunscreen is applied too thinly, the amount of protection it gives is reduced.
- If you are concerned you might not be applying enough sunscreen at SPF30, play safe and apply SPF50.
- Wear a wide-brimmed hat when exposed to the sun.
- Sunscreen needs to be reapplied liberally and frequently even if waterproof, and according to the manufacturer's instructions.

3. What is your understanding of SPF and star rating on sunscreen products?

- The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.
- SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the highest level of UVB protection.
- The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to 5 stars on UK sunscreens. The higher the star rating, the better.
- The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least a third of the SPF value and meets EU recommendations.

4. How do you think sunburn could be treated?

- Sponge sore skin with cool water, then apply soothing after sun milk, spray, or gel.
- Painkillers, such as paracetamol will ease the pain, and ibuprofen may help by reducing the inflammation caused by sunburn.
- Stay out of the sun until all signs of redness have gone.
Important: seek medical help if you feel unwell or the skin swells badly or blisters.

5. How do you think we can protect ourselves when out in the sun?

- Where possible, avoid being in the sun between 11am-3pm
- Spend time in the shade.
- Wear a wide-brimmed hat that shades the face, neck, and ears.
- Wear fabrics that are close-weave fabrics that do not allow sunlight through but are still cool to wear.
- Wear trousers or long skirts.
- A long-sleeved top or a top that covers most of you.
- Sunglasses with wrap-around lenses or wide arms with the CE Mark and British Standard Mark 12312-1:2013 E

6. How do you think we can protect babies and young children from the sun?

- Avoid or minimise exposure to the sun as far as possible.
- If sun exposure is unavoidable, apply SPF 50+ for sensitive skin, and reapply when playing in water.
- Wear a wide-brimmed hat and use parasols.
- Dress in loose comfortable clothing.
- Ensure the baby or children remain hydrated.

Start making Small Changes for Healthier Choices!

- How important is it to you to protect yourself from the sun?
- Can you think of one thing you could change this week to help protection from the sun?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Sun Protection



Want more information?

NHS: www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/

Cancer Research: www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/sun-safety

GoSmokefree

1. What do you understand about the effects of tobacco smoking?

Would it be helpful if we discussed this?

Smoking is one of the biggest causes of serious longterm health conditions and premature death in the UK. Smoking increases the risk of developing 50 serious health conditions. You may become ill even through second hand smoke (passive smoking).

2. What do you think are the effects associated with tobacco smoking?

- Multiple types of cancer such as mouth, throat, bowel, cervix, kidney, stomach, liver, bladder, oesophagus, voice box and pancreas. Smoking causes around 70% of lung cancer.
- Heart disease, heart attack, and stroke.
- Chronic Obstructive Pulmonary Disease (COPD).
- Pneumonia.
- Smoking can also worsen or prolong the symptoms of respiratory conditions such as asthma, or respiratory tract infections such as the common cold.
- Smoking can increase, and not relieve or treat, anxiety and depression.
- Reduced fertility of both men and women.
- **Pregnancy:** multiple risks to the pregnant person and baby (see Smokefree Families flipbook page).

3. What is your understanding of some of the benefits of stopping smoking?

Benefits to Your Health

- As soon as you stop smoking your heart rate and blood pressure, which are abnormally high while smoking, begin to return to normal.
- After 8 hours: harmful carbon monoxide levels in your blood will have reduced by half.
- After 48 hours: all carbon monoxide in your blood is removed and your sense of taste and smell improves.
- After 72 hours: your energy levels will be increasing and bronchial tubes relaxing.
- After 2 to 12 weeks: your circulation will have improved through your heart and muscles.
- After 3 to 9 months: any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.
- After 1 year: your risk of stroke is reduced to half that of a smoker and within five years it will be the same as a never smoker.
- After 10 years: your risk of death from lung cancer will have halved compared with a smoker's and your risk of heart attack is equal to that of a never smoker.

Benefits to Your Health (continued)

- Mental wellbeing: if you are physically healthier you are more likely to feel mentally better too. For example, you may be able to do more activities.
- Becoming a 'smoke free' role model reduces the chance of family members, such as children taking up smoking in the future.
- Improved skin.
- Improved fertility levels.

Benefits to Your Wealth

- Smoking is expensive and prices will continue to rise. If you are smoking 20 cigarettes a day, you are likely to be spending more than £4,000 a year (based on current prices at time of publication).
- There are hidden costs too if you develop smoking-related illness or disability resulting in absence from work and increased insurance premiums.

Benefits to Your Family

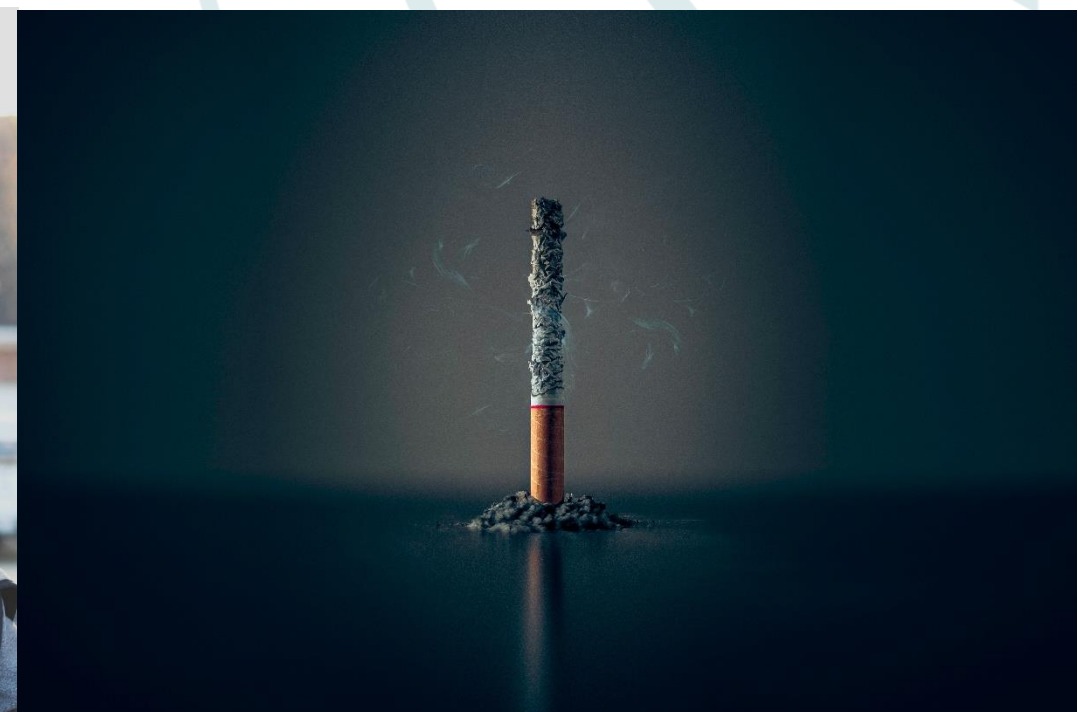
- Stopping smoking means it's less likely that your children will become smokers.
- You will reduce the chances of your children suffering from bronchitis, pneumonia, asthma attacks, meningitis, and ear infections.
- Second-hand smoke is also a risk to pets.
- Living in a house with a smoker puts pets at greater risk of many health problems such as eye infections, allergies and respiratory issues including nasal and lung cancer.

For more information and support to quitting smoking, please contact Smokefree Somerset (contact details on the front page).

Start making Small Changes for Healthier Benefits!

- How important is it to you to quit smoking?
- Can you think of one thing you could change this week to help you quit smoking?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

GoSmokefree



Want more information?

Smokefree Somerset: www.healthysomerset.co.uk/healthy-body-and-mind/smoking/

NHS: www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/

Public Health Email: healthierlifestyle@somerset.gov.uk

Smokefree Families

1. What do you understand about the effects of smoking before, during, or after pregnancy?

Would it be helpful if we discussed this?

As well as the reasons listed on the GoSmokefree flipbook page, there are additional considerations when smoking during pregnancy. Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life. Every cigarette you smoke contains over 4,000 chemicals, many of which are dangerous, so smoking when you are pregnant harms you and your unborn baby. This also increases the risk of essential oxygen getting to your baby. **It is never too late to quit.**

2. What is your understanding of the effects of smoking whilst planning a pregnancy (preconception)?

- People who smoke are twice as likely to be infertile as non-smokers.
- Smoking can damage the lining of the womb.
- Smoking can affect the success rates of fertility treatment such as IVF and increases the risk of miscarriage.

3. What do you think are the effects of second hand (passive) smoking during and post pregnancy?

- It can reduce the baby's birthweight.
- Increased risk of sudden infant death syndrome (SIDS).
- Smoking whilst pregnant is the number one risk factor for babies to die unexpectedly after birth.
- Babies, whose parents smoke, are more likely to be admitted to hospital for bronchitis and pneumonia during their first year.
- Reduced lung function.
- It is harder to quit smoking if someone around you smokes.

For more information and support to quitting smoking, please contact Smokefree Somerset (contact details on the front page).

4. What do you think are the benefits of stopping smoking for pregnant people and their significant others?

Stopping smoking will help both the pregnant person and baby immediately. Harmful gases, such as carbon monoxide, and other damaging chemicals will clear from the body. When you stop smoking:

- You will reduce the risk of complications in pregnancy and birth.
- You are more likely to have a healthier pregnancy and a healthier baby.
- You will reduce the risk of stillbirth.
- Your baby is less likely to be born too early and less likely to face the breathing, feeding and health problems that often go with being premature.
- Your baby is less likely to be born with a low birth weight. Babies of smokers are, on average, lighter than other babies, which can cause problems during and after labour. For example, they are more likely to have problems keeping warm and are more likely to get infections.
- You will reduce the risk of sudden infant death syndrome (SIDS), also known as "cot death".
- Your child will have a lower risk of behaviour problems, speech and language delay, ADHD, and Autistic spectrum disorders.
- You will be less stressed. Smokers suffer nicotine withdrawal symptoms, such as depression and anxiety, every time their nicotine levels get too low.

Start making a small change!

- How important is it to you to reduce or quit smoking?
- Can you think of one thing you could change this week to help you reduce or quit smoking?
- What may stop you from making this change?
- What may help you to make this change?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think can help you to increase your level of motivation?

Smokefree Families



Want more information?

Smokefree Somerset: <https://smokefreesomerset.org.uk/smokefree-families/>

NHS: www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/

Public Health Email: healthierlifestyle@somerset.gov.uk

Vaping/E-Cigarettes

1. What do you understand about vaping/e-cigarettes?

Would it be helpful if we discussed this?

Electronic cigarettes, known as e-cigarettes or vapes, are battery-powered devices that mimic the action of smoking, offering nicotine (in most cases), but without the toxic effect of tobacco. Vaping is a better alternative to smoking, but it is not completely risk free. **It is illegal to sell nicotine vaping products to anyone under 18 or for adults to buy them on behalf of under-18s.**

2. What is your understanding of vaping as an alternative to smoking?

- You should not start vaping if you do not smoke.
- **Vaping is a quit tool, not a cool tool!**
- Vapes offer a tool for adults to stop smoking.
- Vapes are considerably less harmful than smoking because they do not involve the burning of tobacco.
- Evidence indicates that vapes and e-cigarettes are 95% less harmful to health than smoking tobacco.
- The amount of nicotine used can be reduced over time as vapes come in different strengths.
- Vaping costs less than smoking.

3. What do you think are some of the short-term effects of vaping?

- Short-term use of vapes appears to pose few, if any risks.
- Throat irritation and a slight cough are the most commonly reported symptoms, and these subside over time.

4. What is your understanding of some of the long-term effects of vaping?

- There is currently limited high-quality information from long term use of vapes, but there is no good reason to expect that their use would be anywhere as risky as smoking.
- The long-term risks of vaping are still being studied.
- Some vapes contain nicotine, which is an addictive substance that can be hard to stop using once you have started.
- Nicotine may be riskier for young people than for adults, as evidence suggests the brain in adolescence is more sensitive to its effects.

5. What do you think are some of the effects of second-hand vapour?

- While second hand smoke from cigarettes causes serious harm to others, there is no evidence so far that vaping is harmful to people around you.
- But as a precaution, it is best not to vape around babies and children if you can avoid it. Young children often copy what adults do.
- Always be considerate when vaping around anyone else. This can be unpleasant and can cause issues for some people, especially for those who suffer from conditions such as asthma, or if they are trying to quit.

6. What is your understanding of vaping during pregnancy?

- There is little information on the safety of vaping in pregnancy, but it is likely to be significantly less harmful for you and your baby than smoking.
- If you find vaping helpful to quit smoking and to stay smoke-free, it is much safer for you and your baby than continuing to smoke.
- **The most important thing when pregnant is to avoid all contact with tobacco smoke.**

7. General facts about vaping for discussion:

- In the UK, **it is against the law to sell nicotine vaping products to under-18s or for adults to buy them on their behalf.**
- Some disposable vapes on sale are illegal and do not meet UK quality and safety regulations.

Reports of vapes exploding or catching fire are very rare, but always take care to reduce any risks by:

- Buying a vape from a reputable retailer, so you can be sure it is covered by UK safety regulations.
- Using the right charger and not leaving a vape charging unattended or overnight.
- Keeping a vape and e-liquid out of the reach of children and pets, as there is a risk of poisoning if nicotine is swallowed.

Start making Small Changes for Healthier Choices!

- Can you explain to me the benefits of using a vape to help you to stop smoking?
- How do you feel about trying a vape to stop smoking?
- What may stop you being able to do this?
- What may help you be able to do this?
- On a scale of 1-10 how motivated do you feel to make this change?
- What do you think may help to increase your level of motivation?

Vaping/E-Cigarettes



Want more information?

NHS: www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/

Smokefree Somerset: www.healthysomerset.co.uk/smokefree

Public Health: www.healthysomerset.co.uk/healthy-body-and-mind/tobacco-smoking-and-vaping/