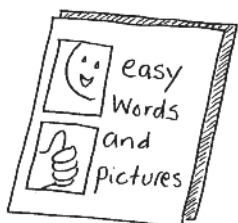
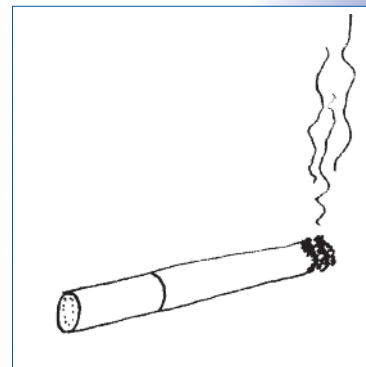


# Lifestyle Services in Birmingham

# CONSULTATION DOCUMENT



This leaflet is easy to read



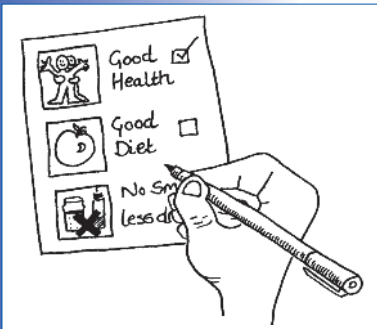


## 1. Background

- Over 1 million people live in Birmingham
- Birmingham has lots of different people in the city



- We want to keep people healthy and to help them live longer
- Lifestyle services help people to make healthier choices so that they are healthier in the future



- This could be helping people to stop smoking, eat more healthily or be more active



- People who do not live healthy lifestyles can become ill and this costs a lot of money as well as being bad for the person

## 2. What we do now

These are the current services we want to improve in Birmingham we call these 'Lifestyle services':



- **Health Checks** – this is a free check for people aged 40 to 74 to make sure they are healthy



- **Stop smoking** – this is help for people who smoke and want to stop



- **Weight management** – support for adults, children and families to be a healthier weight



- **Health trainers** – this is someone who can help people who are unhealthy to change and be healthy



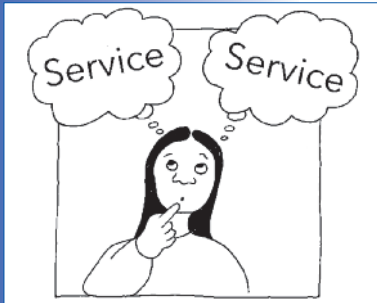
- **Physical activity** – this is to support people to be more active in different ways

### 3. Why are we changing Lifestyle services?

- Currently, the services are available for everyone but this is very expensive and not everyone needs them or uses them
- Instead, we want to focus on helping those that need the services the most. These are people that are most likely to make unhealthy lifestyle choices
- We want one simple system that works better and deals with all of people's lifestyle needs in one plan
- More people are able to use services they need on the internet, on the phone or by email



#### 4. What we will do?

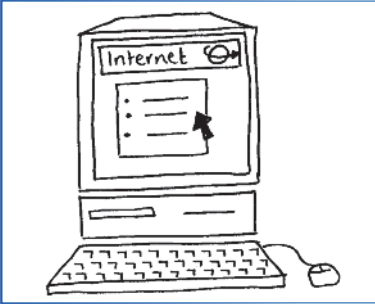


- We want one simple system that deals with peoples different health needs in one
- This means that if someone wants to stop smoking and lose weight, they will be supported to tackle both of these unhealthy choices
- We want to focus on those that need the most help. These people are:
  - ▶ People that are unemployed
  - ▶ People that are homeless
  - ▶ Babies, toddlers, children and families
  - ▶ People who may be elderly and frail
  - ▶ People with life-long diseases
  - ▶ People who are not healthy mentally
  - ▶ People with learning disabilities
  - ▶ People that are being harmed at home
  - ▶ People who used to be in prison
  - ▶ People who have had drug or alcohol problems
  - ▶ People who look after others

These people will get more support and faster help



- You could use the services in one place or a number of places
- You could also get help on the phone, by text or on a web-site



- We want most people to find the help they need easily on the internet

We will all work better together to improve health in Birmingham. The aims will be:



- Reduce the number of overweight children



- Reduce the number of overweight adults



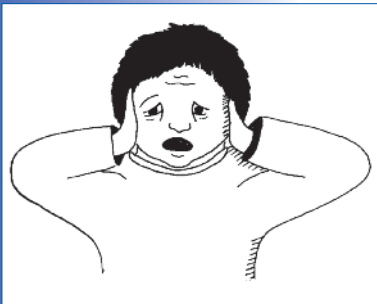
- Reduce the number of people who smoke



- Support older people to remain active to reduce the risk of falls



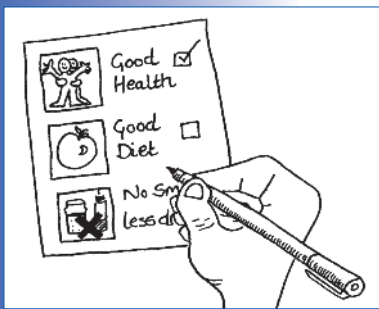
- Increase the numbers of adults that do exercise and are active



- Help people to improve their mental health

- Increase the number of people using parks and green spaces





- Increase health checks and advice to support people to make healthier choices



- Support people to live a healthier life to reduce the risk of developing long term conditions like cancer or heart diseases



- Support people to live a healthier life so that they can live independently



- Support people to live a healthier life so that they feel able to work



- Support people to live a healthier life so that they don't need extra help and support





## **How can you take part in this consultation?**

We want to know what you think of our plan to make lifestyle services better.

Please return the questionnaire in the prepaid envelope provided, you do not need to use a stamp.

## **Please tell us what you think:**

Website: [www.birminghambeheard.org.uk/](http://www.birminghambeheard.org.uk/)

Email: [birminghamlifestyles@birmingham.gov.uk](mailto:birminghamlifestyles@birmingham.gov.uk)

The pictures in this leaflet have been provided by CHANGE.

Website: [www.changepeople.co.uk](http://www.changepeople.co.uk)