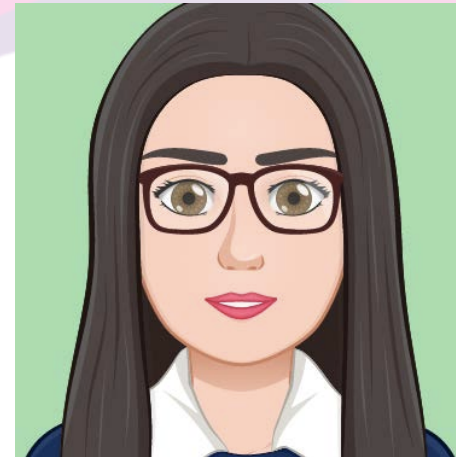


Applying behaviour change theory to practice within the Southampton Health Trainer service



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Research Fellow



Honesty



Everyone counts



Accountable



Respectful



Teamwork

Why was this work important?



Men: Life expectancy **8.3 years lower**
(most to least deprived) in Southampton



Women: Life expectancy **4.9 years lower**
(most to least deprived) in Southampton



Honesty



Everyone counts



Accountable



Respectful



Teamwork

*Source: Public Health England (2015) Southampton
Unitary Authority Health Profile 2015.*

Aims of the project

1. To explore Health Trainers' views about the support offered to clients.
2. To assess whether the service provision was evidence-based.



Honesty



Everyone counts



Accountable



Respectful



Teamwork

What we did and how we did it



Honesty



Everyone counts



Accountable

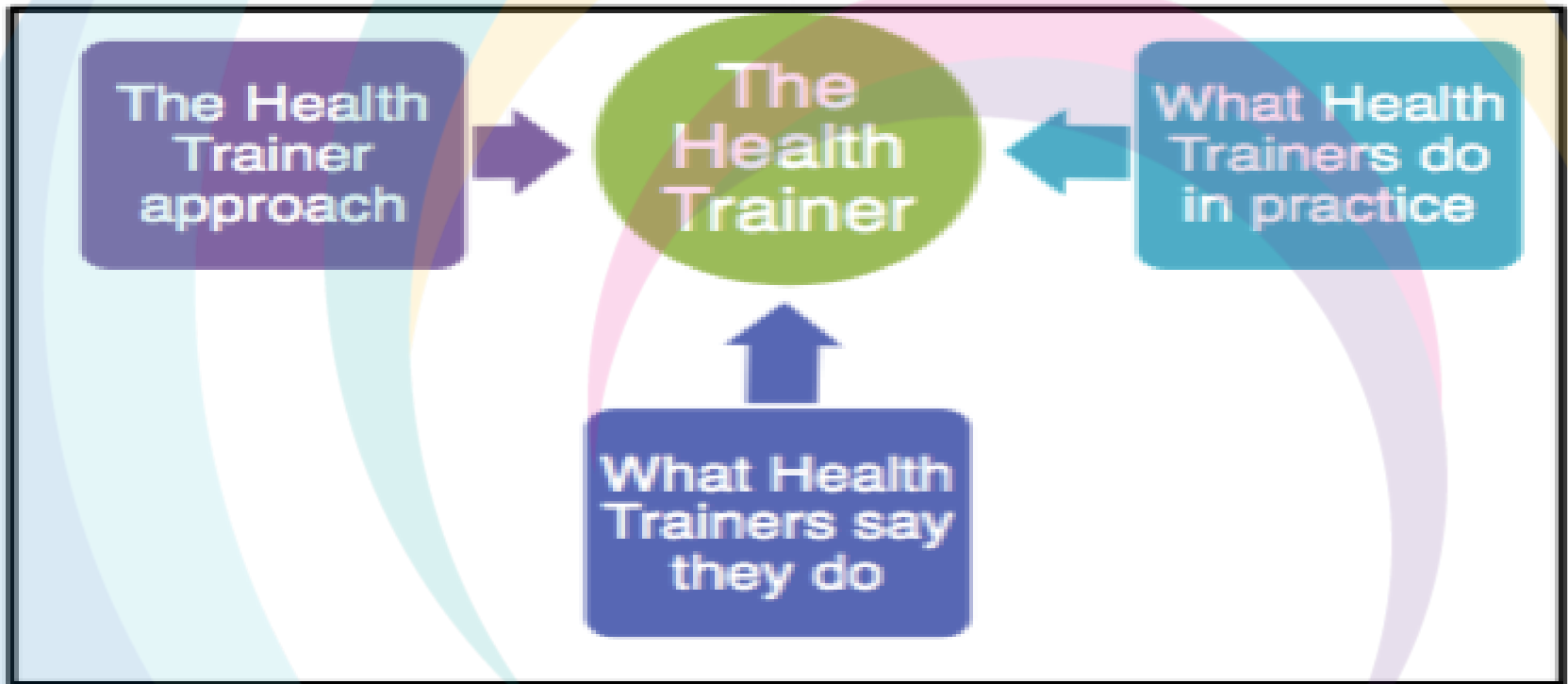


Respectful



Teamwork

What we found



Honesty



Everyone counts



Accountable

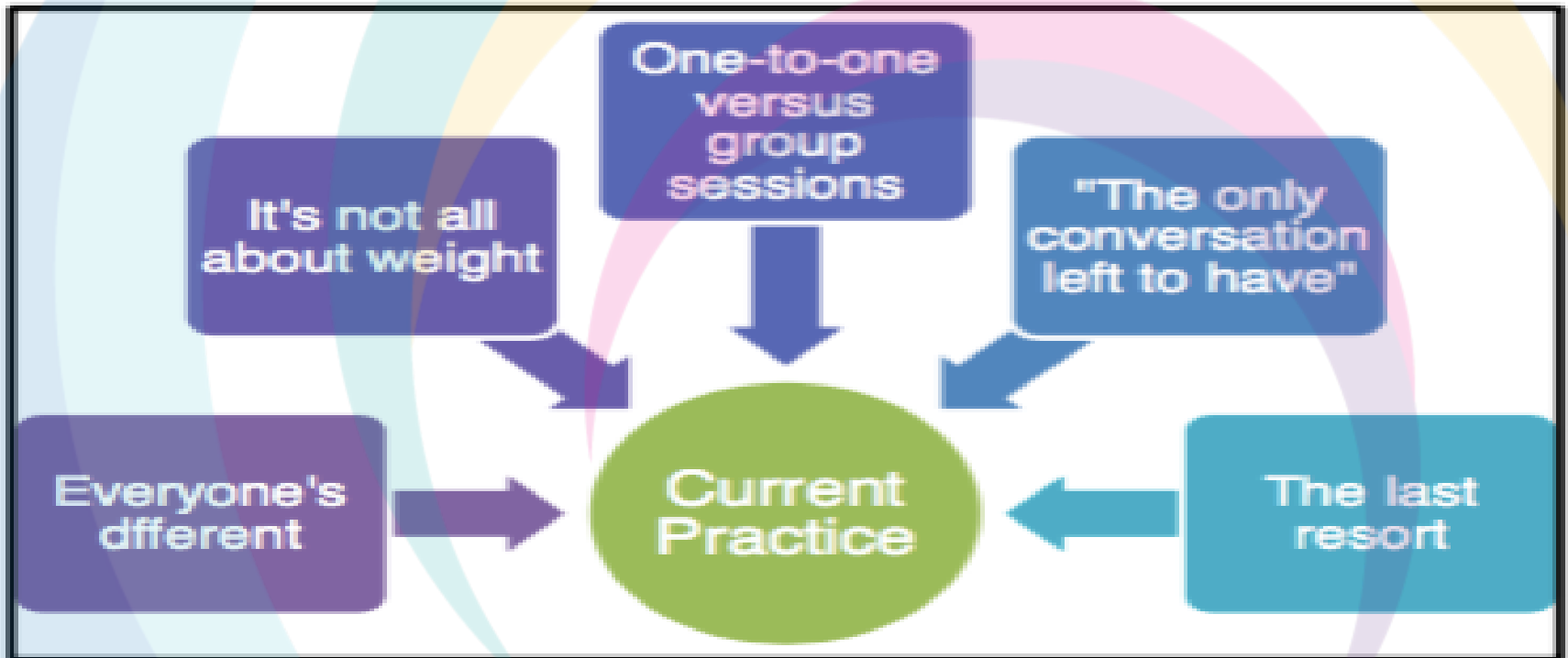


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What we found



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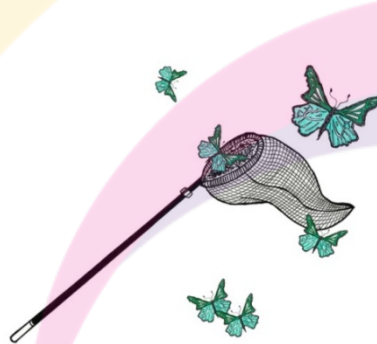


Teamwork

What do we recommend



Training



Capturing data



More support for clients



Honesty



Everyone counts



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Teamwork

Acknowledgements

- Southampton Health Trainer service clients
- Southampton Health Trainers
- Solent NHS Trust
- Solent Research & Development team
- Julian Bath – University of the West of England



Honesty



Everyone counts



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