

Health Promoting Hospital

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Background

- **Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust**
- **6700 staff**
- **Across 3 main hospital sites and some smaller sites**



Baseline



Our Baseline data from 2015 survey shows:

- 8.7% of staff are smokers
- 70.39% of staff do not eat the recommended portions of fruit and vegetables daily
- 80.57% of staff do not do the recommended levels of physical activity
- 13.02% of staff feel they don't have someone to talk to if they have a worry, concern or problem
- 11.97% of staff drink 4 or more times a week (although a relatively low figure, evidence shows that people rarely declare accurate consumption levels – either because they genuinely don't realise how many units they are consuming, or they are embarrassed to admit to such levels)



Our Journey So Far

- Health and Wellbeing Strategy
- Finances
- Drawing board- Building Blocks
- Nottinghamshire Wellbeing at Work Award
- CQUIN
- National campaigns and challenges



What's Worked Well?

- Champion's
- Engagement
- Partnership working
- Branding
- Corporate challenge
- Strategic support
- Positive behaviour change in all areas



Lesson's Learned

- Senior Support
- It can be done without money
- Engagement essential
- Communication is the key
- Small steps



Our Future

- National workplace Health Charter Status
- Platinum in local W@W awards
- Continue to achieve our nationally set targets (CQUIN)



