An Overview:
For learners

Engaging the country's two million health and care professionals and the wider public health workforce to improve their knowledge, confidence and action in preventing illness, protecting health, promoting wellbeing and reducing health inequalities.

Estimated reading time: 20 minutes

An Introduction to All Our Health

Click [here](#) to view an introductory video to All Our Health.

This short video is just under 2 minutes long and explains what All Our Health is an how it can help you in your everyday work. The video highlights the role of team leaders and strategic leads but the resources are for everyone with a remit for improving the public's health and reducing health inequalities, including students.

What is All Our Health?

- The All Our Health programme is a call to action, supporting public health practice through:

    - bite-sized learning on critical public health topics to enhance knowledge, confidence and action at individual, community and population level

    - key evidence and data into practice to stimulate change

    - signposting to other trusted sources of information

- Based on insights and research on key barriers to adopting public and population health approaches across the workforce.

- Complements the Making Every Contact Count (MECC) approach to improving health and wellbeing by providing a broader view of public health that goes beyond individual level interventions.

All Our Health topics

Health Improvement
- Adult obesity
- Adult oral health
- Alcohol
- Childhood obesity
- Child oral health
- Healthy eating
- Misuse of illicit drugs and medicines
- Physical activity
- Population screening
- Sexual and reproductive health and HIV
- Smoking and tobacco

Health Protection
- Air pollution
- Antimicrobial resistance
- Immunisation

Healthcare Public Health
- Cardiovascular disease prevention
- Liver disease
- NHS health checks
- Pressure ulcers
- Respiratory disease

Life Course
- Best start in life
- Early adolescence
- Healthy ageing

Place-based Services of Care
- Community-centred practice
- Social prescribing

Supporting Health, Wellbeing and Independence
- Dementia
- Falls and fractures
- Musculoskeletal health

Wider Determinants of Health
- Climate change
- County lines exploitation
- Financial wellbeing
- Health disparities and health inequalities
- Homelessness
- Inclusion health
- Learning disability
- Speech, language and communication
- Vulnerabilities and trauma informed practice
- Workplace health
- Wellbeing and mental health

Note: New topics are added intermittently. Please refer to All Our Health webpages for latest updates.
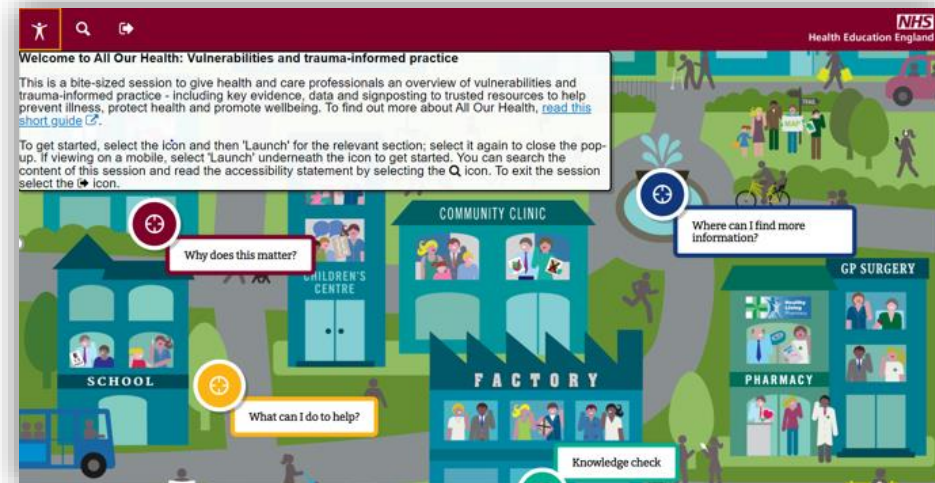
Accessing All Our Health resources

All Our Health resources and tools are available on two discrete platforms:

Gov.uk collection page provides flat content of All Our Health material.
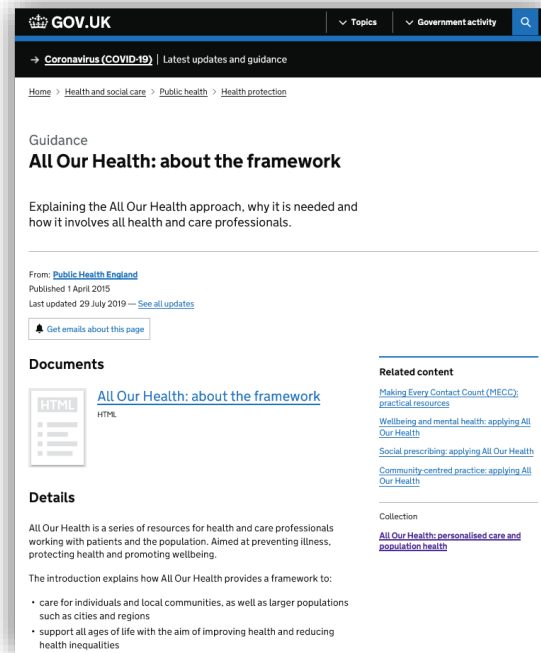
e-Learning for Health webpage and hub provides more engaging and interactive content and is linked to **continuing professional development (CPD).**

All Our Health evidence into practice

The next three slides provide examples of All Our Health content related to some of our biggest public health challenges. Each session follows a standard format:

- Why does this matter?

- What I can do to help?

- Knowledge check

- Where can I find further information?
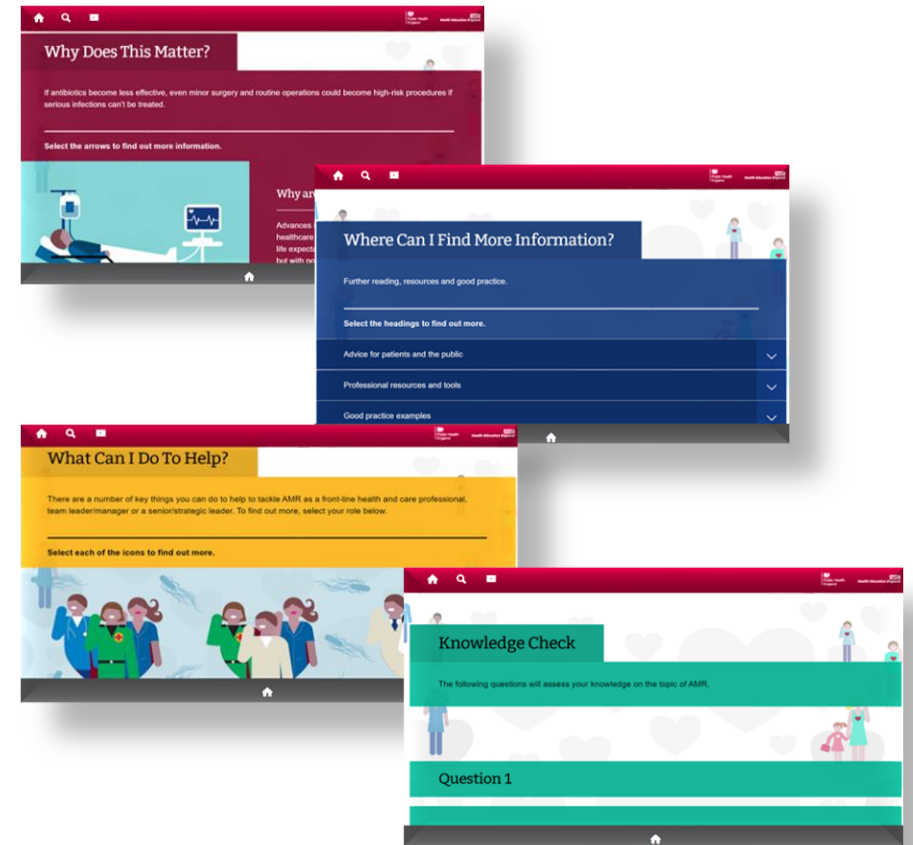
Adult obesity

Why does this matter?

Overweight and obesity can lead to significant health issues for adults across the life course and into old age. Living with overweight or obesity can have significant implications for an individual's physical and mental health.

Some of the significant issues are:

- Reduction in life expectancy by 3 years on average. Severe obesity reduces it by between 8 and 10 years

- Less likely to be in employment

- Discrimination and stigma

- Increased risk of hospitalisation

PLUS additional information on:

Associated disease, causes and groups most affected.

What can I do to help?

Front line health and care professionals:

1. Find out about services and resources in your area

2. Discuss with your patients or the public

3. Communicate the risks

4. Refer to Chief Medical Officer's guidelines

5. Familiarise yourself with healthy lifestyle messages

6. Measuring impact

Additional sections:

- **Understanding your local needs**
- **Measuring impact**

[More information]

[Knowledge check]

Smoking and tobacco

Why does this matter?

Smoking is uniquely harmful, causing damage not only to smokers themselves but also to the people around them. Smoking is one of the main drivers of health inequalities in England, with the harm concentrated in more disadvantaged communities and groups.
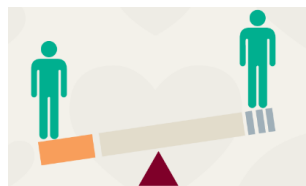
PLUS addition information on: Prevalence, Illness and Premature Death and Smoking-related Hospital Admissions.

Smoking harms nearly every organ in the body.

Stopping smoking at any time has considerable health benefits including for those with a pre-existing smoking-related disease. Over half (52.7%) of smokers say they want to quit, with one out of five intending to do so within three months.

What can I do to help?

All health and care professionals should identify and refer smokers using the method known as [Very Brief Advice (VBA)](#) which has 3 components – Ask, Advise and Act:

- **Ask** and record smoking status: is the patient a smoker, ex-smoker or non-smoker?

- **Advise** on the best way of quitting: the best way of stopping smoking is with a combination of stop smoking aids and specialist support

- **Act** on the patient response: build confidence, give information, refer and prescribe

Additional sections:

- **Understanding your local needs**
- **Measuring impact**

More information

Knowledge check

Health disparities and health inequalities

Why does this matter?

In England, there is a 19-year gap in healthy life expectancy between the most and least affluent areas of the country. People in the most deprived neighbourhoods, certain ethnic minority and inclusion health groups get multiple long-term health conditions 10 to 15 years earlier than the least deprived communities[1], spending more years in ill health and dying sooner[2].

Key factors influencing our ability to be healthy include:

- **wider or social determinants** of health such as income, employment, education, housing, power and discrimination

- **psychosocial factors,** such as exposure to social, economic and environmental challenges and adversities

- **health behaviours** such as smoking, diet and alcohol consumption

PLUS addition information on: Public sector duty, Inclusion health, Deprivation, Geography and Impact on society.

What can I do to help?

Six priority actions for EVERYONE:

1. Have a clear vision and strategy

2. Put in place effective system leadership and accountability for action

3. Use data and evidence systematically

4. Ensure you and others have the knowledge, skills and capability for embedding action

5. Use systematic assessment tools

6. Undertake comprehensive engagement and involvement

Additional sections:

- **Understanding your local needs**
- **Measuring impact**

More information

Knowledge check

1 Barnett K, Mercer SW, Norbury M et al. Epidemiology of multimorbidity and implications for health care, research, and medical education: a cross-sectional study. Lancet 2012;380(9836):36-43.
2 Public Health England. Place-based approaches for reducing health inequalities: main report, 2019.

All Our Health interactive townscape maps

- There are currently five [interactive townscape maps](#). These are located halfway down the eLearning webpage.

- Each townscape allows you to explore how you can take a place-based approach to addressing critical public health issues by clicking on different locations in the image.

Note: New topics are added intermittently. Please refer to All Our Health webpage for latest updates.

Additional resources

- [Communications toolkit](#) - supplementary communications and marketing resources to share across your networks and organisations.

- [Introductory animation 1](#) - illustrates how All Our Health resources and tools can support a place based approach in preventing illness, protecting health, promoting wellbeing and reducing health inequalities.

- [Introductory animation 2](#) - provides the rationale for adopting a public health practice and introduces the All Our Health programme to support your everyday work.

Contents
- Animation (coming soon)
- Email signature banner
- Introductory video
- Overview
- Poster
- Social media assets
- Testimonials

If you're one of the country's two million health or care professionals, you

Play (k)

Next steps?

Make a commitment to:

- explore the existing All Our Health collection of resources and tools

- share the links across your networks and communities

- shout about #AllOurHealth on social media

- use All Our Health to support your continuing professional development (CPD) and revalidation

For more information search All Our Health or go to:

- e-Learning for Healthcare webpage

- Gov.uk collection page