

An Overview: For learners

Engaging the country's three 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 and 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.
- Supports the Government's three shifts from **treating sickness to prevention**, analogue to digital technologies and hospital to community care.

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
- 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

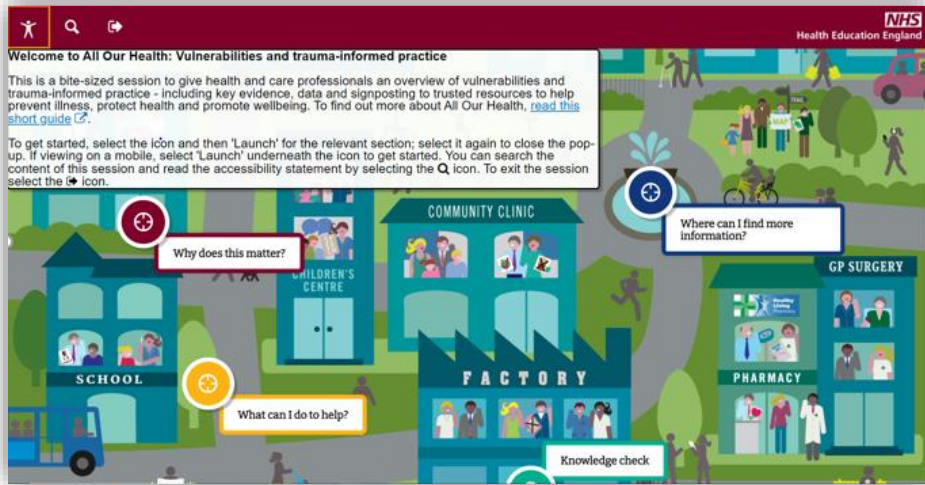
- Climate change
- Financial wellbeing
- Health inequalities
- Homelessness
- Inclusion health
- Learning disability
- Speech, language and communication
- Vulnerabilities and trauma informed practice
- Workplace health
- Wellbeing and mental health

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 can be found here:

- [e-Learning for Health webpage](#) and [hub](#) provides engaging, interactive content and is linked to CPD.

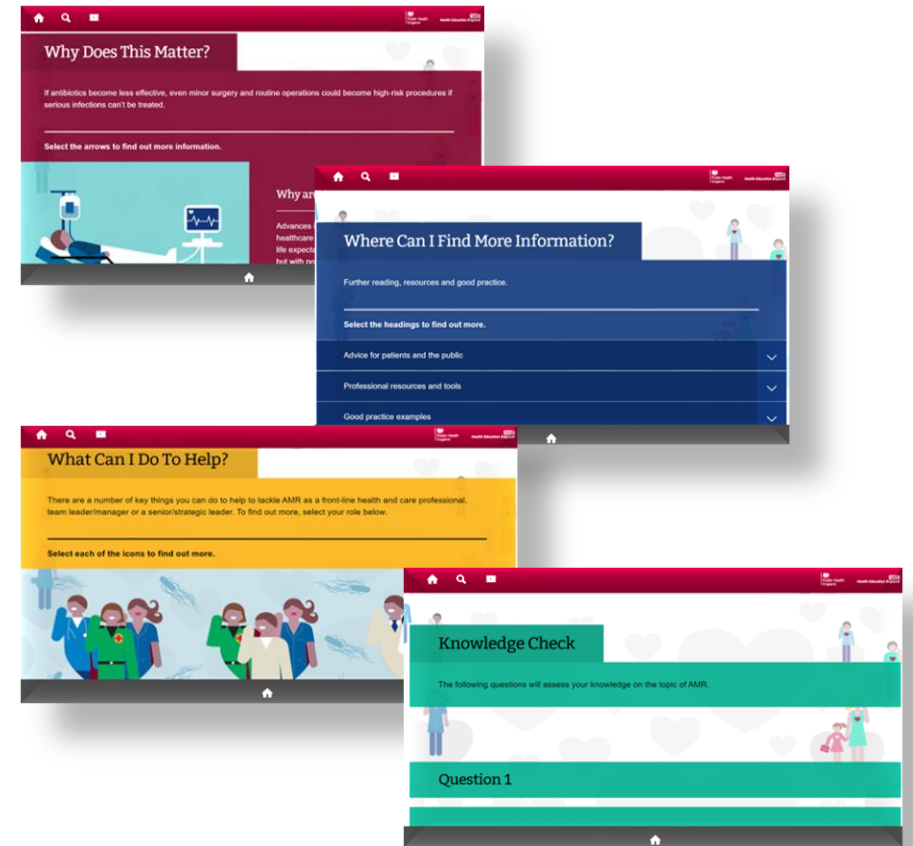


A plain text version of All Our Health content can also be found on the [Gov.uk collection page](#).

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 years spent in good health
- Less likely to be in employment
- Increased likelihood of experiencing 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**

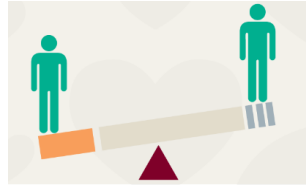
[More
information](#)

[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 inequalities

Why does this matter?

- [Health inequalities](#) are avoidable, unfair and systematic differences in health across the population and between different groups of people. For example, differences in:
- health outcomes such as mortality and disease prevalence
- health behaviours such as smoking prevalence
- access, quality and experience of care
- wider determinants of health such as housing

The [Marmot Review 10 Years On](#) report found that since 2010, health inequalities have widened overall and the amount of time people spend in poor health has increased.

PLUS additional information on: Deprivation, Health equity assessments, Place based approaches, Proportionate universalism, Population health management, Community engagement and Health literacy

What can I do to help?

Front line health and care professionals:

1. Training, skills and knowledge
2. Individual needs and decision-making
3. Addressing access needs
4. Collecting and using data



Additional sections:

- Understanding your local needs
- Measuring impact

[More
information](#)

[Knowledge
check](#)

All Our Health interactive townscape map

- The townscape map 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.
- It aims to provide an example of the importance of some public health topics to specific settings within a place and the need to work collaboratively to improve health and reduce health inequalities.



Additional resources

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

Contents

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



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 go to:

- [e-Learning for Healthcare webpage](https://www.e-lfh.org.uk/programmes/all-our-health/) or <https://www.e-lfh.org.uk/programmes/all-our-health/>