

POSITIVE HEALTH ACTION

What is the Positive Health Action Project?

The Positive Health Action Project (PHAP) works to improve the health of people living in the NDC area by providing opportunities to address their own health needs and tackle important local health issues. The project has undertaken specific work to reduce health damaging behaviours such as smoking and has developed initiatives that promote physical activity and support people to make healthier food choices.

In supporting local people to make these positive lifestyle changes, the project actively promotes community involvement and empowerment. It also seeks to increase the number of local people taking up health related training and with health related skills; ultimately this will increase the communities skills and knowledge about health for future years.

How long have we been running in the NDC Area ?

The project has been running with a full staff team for just over two years and will continue to run until June 2007.

Who Do we Work with in the NDC Area ?

The PHAP links and works with several NDC funded projects as well as numerous mainstream services and projects. The team works in partnership to ensure they deliver a comprehensive package to support health improvement in the area.

Some of the projects and agencies the team work with includes;

Cottoning On,
Sports Development,
Brooke Teenage Sexual Health
Youth Inclusion Project
The Substance Misuse Service Alcohol Project,
Groundwork,
NDC Police,
Trading Standards
Families First.

The team work alongside numerous mainstream Health Services including; School Health Advisors, Health Visitors as well as various Council projects and departments which include: Schools and Teachers, Parks and Open spaces to name just a few.

What Are Our Aims, objectives & Targets ?

The team contributes to the delivery of the outcomes and targets of the NDC health theme.

The overall NDC's overall health target is to: improve the health of the NDC population by reducing the risk factors for low life expectancy and health inequalities.

The PHAP will help achieve the outcomes by working to achieve the targets along with the other health projects (for 2005/6) on issues around diet, smoking and physical activity. Some key targets include;

- Increase by 2.5 percentage points per annum, the proportion of the population consuming at least 5 portions of fruit & vegetables per day
- Increase by 16% over 5 years the proportion of the population participating in 30 minutes of physical activity on a minimum of 5 days a week
- Reduce by 2% per annum the smoking prevalence.

What We have Achieved So Far ?

The project has many examples of success. The Health Awards held in May last year were a great success for the team. The awards combined physical activity with healthy eating and the kids really enjoyed the scheme. Since then the project have being asked on numerous occasions to visit schools to continue the work around healthy eating.

The project has also successfully trained two community members in Nutrition Skills. They are currently working within the community providing information sessions around healthy eating and helping develop skills through cook and taste sessions.

Members of the PHAP are employes of the Oldham Primary Care Trust PCT please see their website for further information
<http://www.oldham.nhs.uk/index.htm>