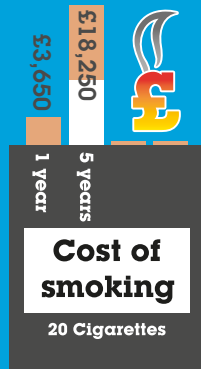


Smoking

Smoking 20 cigarettes a day over a 1 year period costs £3,650

Over 5 years this is £18,250



Facts on smoking

Smoking increases the risk of:

- Cancer
- Heart disease
- Stroke
- Secondhand smoke can increase a non-smokers risk of developing health problems

Benefits of quitting

After 24 hours: Carbon Monoxide levels reduce and oxygen levels return to normal

After 48 hours: Your taste and smell improves

After 3-9 months: Breathing and coughing improves

After 5 years: The risk of having a heart attack is halved



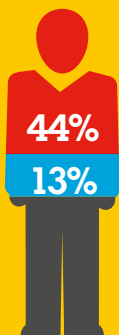
Contact:

- Positive Steps – 0800 288 9008

Physical activity

44% of adults NEVER do any moderate exercise and a further 13% are completely inactive for 8 hours every day

2012



Facts on inactivity

- Can cause heart disease and stroke
- Can cause back pain
- Can result in muscle weakness and joint pain

Benefits of being more active

- 50% less chance of developing type 2 diabetes
- 83% lower risk of osteoarthritis
- Improves mood and a sense of well being
- Contributes to a healthy weight



Moderate walking for 30 minutes x 5 times a week has real health benefits

Support to help you improve your physical activity levels

- Oldham Community Leisure – 0161 207 7000
- environmentalservices@oldham.gov.uk – 0161 770 4067 – walking, growing activities
- www.parkrun.org.uk/oldham
- www.visit.oldham.gov.uk

Alcohol

A quarter of all adults living in Oldham drink over the recommended daily guidelines



What is a Unit?



1 Unit = 10ml pure alcohol

Alcohol facts

- Can cause cancer
- Can cause weight gain
- Can cause social problems

Alcohol guidelines

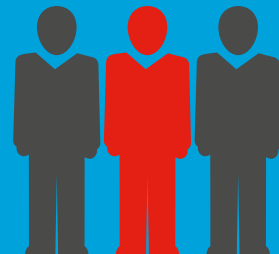
- Men and women who drink should aim for no more than 14 units of alcohol consumed over a week
- Regular drinkers should aim to have at least two days alcohol free each week
- There is no recognised 'safe limit' for consuming alcohol
- Pregnant women are advised to avoid alcohol altogether

Contact:

- Turning Point drug and alcohol service – 0300 555 0234
www.wellbeing.turning-point.co.uk
ROARreferrals@turning-point.co.uk

Healthy eating/drinking

1 in 3 deaths from cancer and heart disease are caused by poor diet



Benefits of healthy eating

- Helps maintain a healthy weight
- Increases energy
- Helps to fight infections
- Keeps blood sugars balanced
- Healthy bowels
- Healthy skin and teeth

Facts on poor diet

- Low energy
- Low vitamins
- Poor oral health
- Contributes to weight gain
- Increased risk of type 2 diabetes
- High blood pressure

Did you know?

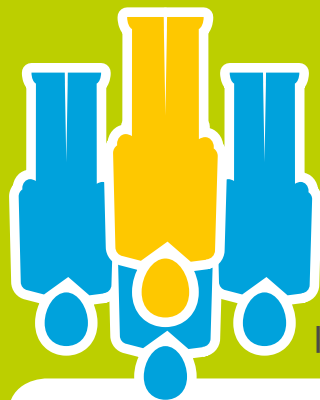
An average fizzy drink contains between 6 and 8 teaspoons of sugar

Contact:

- Early Help Oldham – 0161 770 6672
- www.nhs.uk/change4life

Oral Health:

- Find a dentist – visit www.nhs.uk – 0300 311 2233



Contact: • Early Help 0161 770 6672

1 in 4 of us will experience a mental health problem in any one year

Five tips to encourage positive mental health

1. Connect to people – speak to someone, socialise or ask for help.
2. Be active – move, stay active to lift your mood.
3. Take notice of what's around you – notice your thoughts, feelings and the world around you.
4. Keep learning – read, try something new.
5. Give – do something for someone.

Five ways to wellbeing to achieve positive mental health

Notes:

Even if you feel great, you may be at risk of heart disease, stroke, diabetes and other health conditions.

Get your free NHS Health Check
Contact your G.P. or call Early Help 0800 288 9008.

- Useful websites:**
- www.nhs.uk/change4life
 - www.alcoholconcern.org.uk
 - www.nhs.uk/smokefree
 - www.nhs.uk/choices
 - www.nhs.uk/healthcheck

Public Health Oldham Council – 0161 770 4550

Published by Oldham Council, January 2019



MECC
Making every contact count in Oldham

Small changes lead to big health benefits



eat healthy, be active, live well



- Stop Smoking Oldham – 0800 288 9008
- Alcohol
- Turning Point drug and alcohol service – 0300 555 0234
- www.wellbeing.turning-point.co.uk
- ROARreferrals@turning-point.co.uk
- Physical Activity
- Oldham Community Leisure – 0161 207 7000
- Healthy Eating
- Early Help – 0161 770 6672
- www.nhs.uk/change4life
- Environmental Services
- Walking and Growing Activities – 0161 770 4067
- Positive Mental Health
- Early Help – 0161 770 6672
- Oldham Healthy Minds Service – 0161 716 2777
- www.healthyminds.penninecare.nhs.uk
- www.talkingtherapy.penninecare.nhs.uk
- Oral Health
- Find a dentist – visit www.nhs.uk – 0300 311 2233
- Adult Learning Services
- Oldham Lifelong Learning Service – 0800 525 956