

National Health Trainer Programme End of Year Reporting: 2009-10

Previous End of Year Reports

- 2008-09 (J Smith et al 2009)
- 2007-08 (D Smith et al, 2008)
- 2006-07 (Wilkinson et al, 2007)

LEKG

16th September 2010

Content

- **Aims and objectives**
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 - Process
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Aims and objectives

- **Present a national overview of Health Trainer service delivery 2009-10**
- **Show developments and changes through comparisons with data from previous end year reporting, where possible**
- **Demonstrate how Health Trainer Services are helping tackle health inequalities**

Regional hub leads End Year Reporting 2009-10

Process

1. EYR fields defined by the Local Evaluation and Knowledge Gathering Sub Group (LEKG) and finalised and signed off at July National Hub
2. Relevant EYR data fields completed in advance for all PCTs using DCRS (based on the data contained within the DCRS for that period)
3. EYR circulated to Hubs Leads to check figures with relevant localities and add any Services not using DCRS
4. EYR updated returns collated and figures revalidated against DCRS – amendments were made to PHP count

Regional hub leads End Year Reporting 2009-10

Process continued....

5. Any anomalies were checked back with the relevant Hub Leads
6. EYR agreed as final at LEKG meeting along with decision to present EYR in slide format
7. While every effort was made to conduct a thorough end of year report the timescales to complete the return were restrictive and have resulted in a lower response
8. The EYR has also relied more on data recorded within the DCRS due to timescale restrictions

Regional hub leads End Year Reporting 2009-10

Process continued...

9. The EYR fields were also not a direct replica of previous years making comparisons subject to interpretation in most instances, specifically:
 - Named services and their stage of development
 - Amount of funding (although consideration has been given to those services that did indicate the amount)

Regional hub leads End Year Reporting 2009-10

Available data from

1. 121 PCTs, (80% of all English PCTs)
2. 108 of these PCTs are DCRS users*, plus 2 non PCT NHS organisations
3. 153 services were listed,
 - *almost all PCTs continue to commission multiple providers making the number of active Health Trainer Services in community or offender settings much higher (currently this information is not available within DCRS which was the main provider of data). Details can be obtained from Hub Leads*

* a full list of DCRS user provided in appendix 1

Key findings and comparisons*

Number of Health Trainer Services

153 Health Trainer Services listed

- 2009-10 shows a 10% decrease on 2008-09 (169)**
- 2008-09 showed a 34% increase on 2007-08 (126)
- 2007-08 showed a 50% increase on 2006-07 (113)

**** Named services per PCT was not requested in 2009-10 as in previous EYRs this may account for the decrease in numbers since 2008-09**

*N.B There may be some variance in the number of responses received in previous reports.
Please check relevant reports for details.

Key findings and comparisons*

Health Trainer personnel

2009-10

- 2,238 personnel (HTs 1299; THTs 590; HTC's 348)
- 7% increase from 2008-09
 - More HTs Fewer THTs and HTC's

2008-09

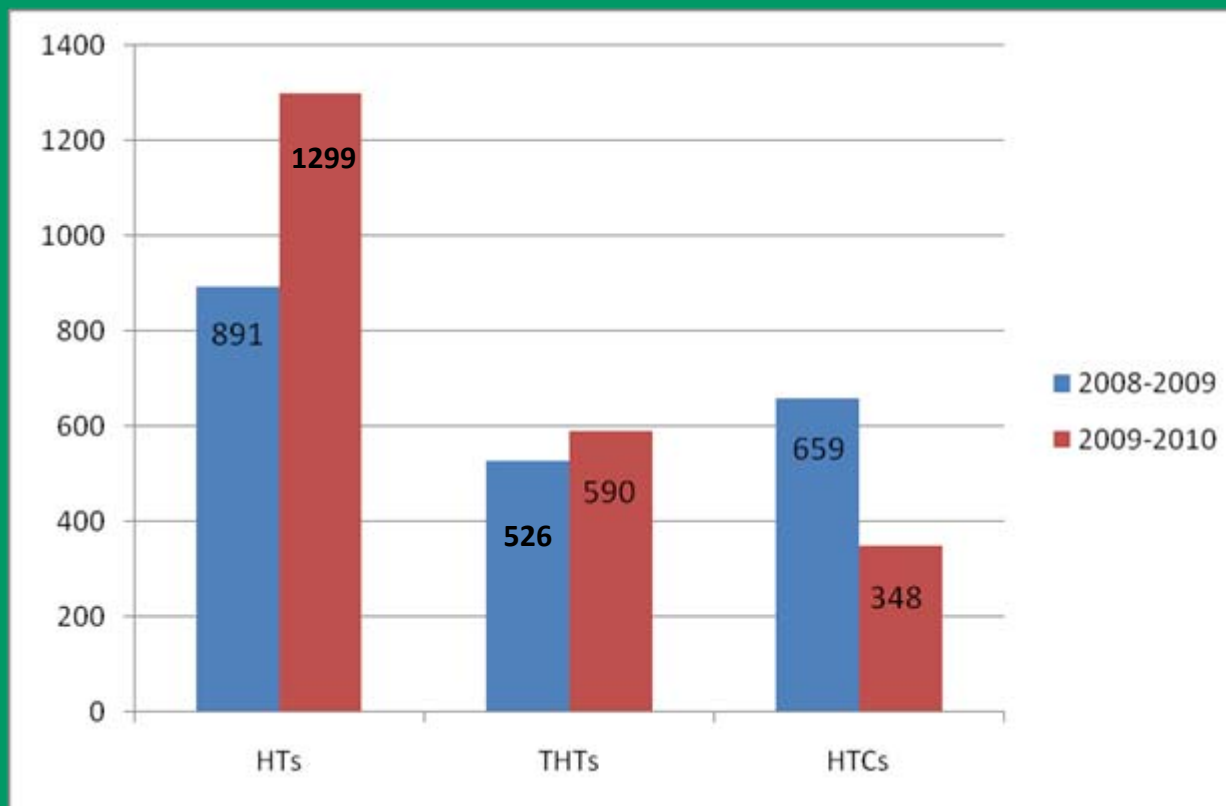
- 2,076 personnel (HTs 891; THTs 526; HTC's 659)
- 19% decrease from 2007-08
 - Fewer HTs and THTs but more HTC's

2006-07

- In 2006-07 there were at least 646 HTs in training or seeing clients.

Key findings and comparisons*

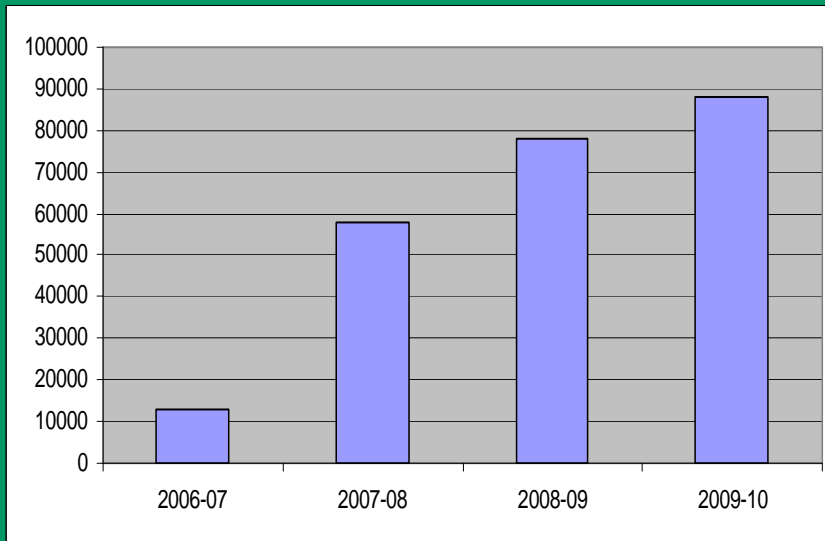
Health Trainer personnel continued...



*N.B There may be some variance in the number of responses received in previous reports. Please check relevant reports for details

Key findings and comparisons*

2009-10 - Client figures reported as 88,082



**2009-10 = 12% more than in 2008-09
(77,816 from 136 HTSs)**

**2008-09 = 34% more than in 2007-08
(58,097 from 63 HTSs)**

**2007-08 = 493% more than 2006-07
(13,122 from 36 HTSs)**

- **Client figures in 2009-10 include 1,166 clients from offender health settings**

*N.B These figures may be seen to represent progression from early stages of service development towards providing full Health Trainer Services to clients

Key findings and comparisons*

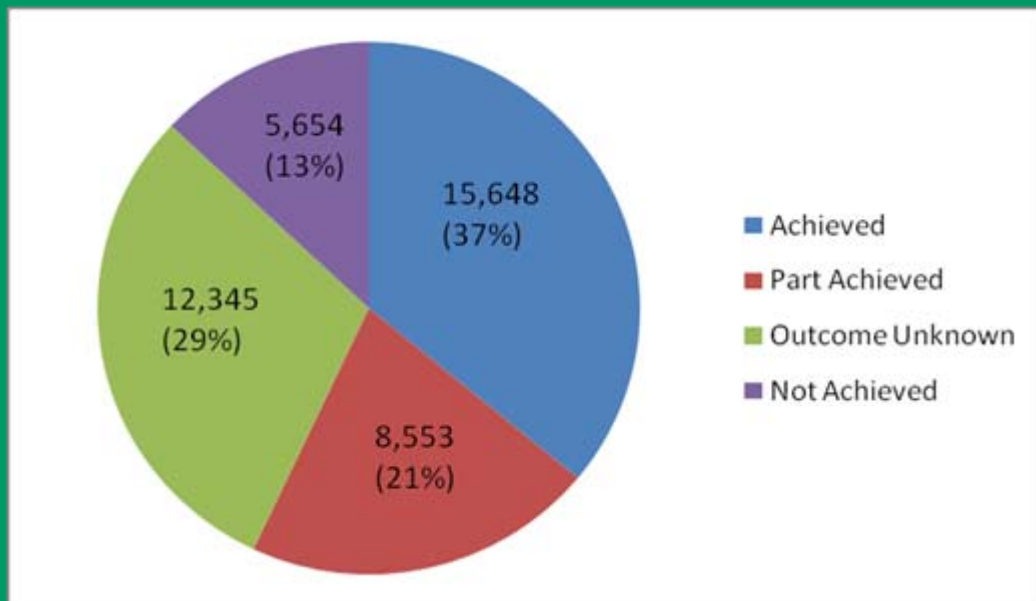
2009-10 Health Trainer Service assessment types

- **42,570 clients set a Personal Health Plan (PHP):**
 - 2009-10 = 50% Increase from 2008-09 (28,197)
 - 2008-09 = 71% increase from 2007-08 (16,451)
 - 2007-08= 50% increase from 2006-07 (113)
- **A further 16,189 were provided with information**
- **A further 12825 were signposted to other services**

*N.B There may be some variance in the number of responses received in previous reports Please check relevant reports for details

Personal Health Plan outcomes*

Of the 42,570 clients setting a PHP:



15,648 achieved their PHP

8,553 part achieved their PHP

5,654 did not achieve their PHP

- **In total 82% (24, 201) of known outcome achieved or part achieved their behaviour change goal**

*N.B comparable data with previous years is not available, however findings relating to PHP achievement is available from the DCRS report

Funding of Health Trainer Services

NHS Funding 2009/10

- 77 orgs. recorded NHS as source of funding
- 34 recorded the amount totalling over £8.5 million

Non NHS Funding

- 7 orgs. recorded non NHS as source of funding,
- Total just over £500,000

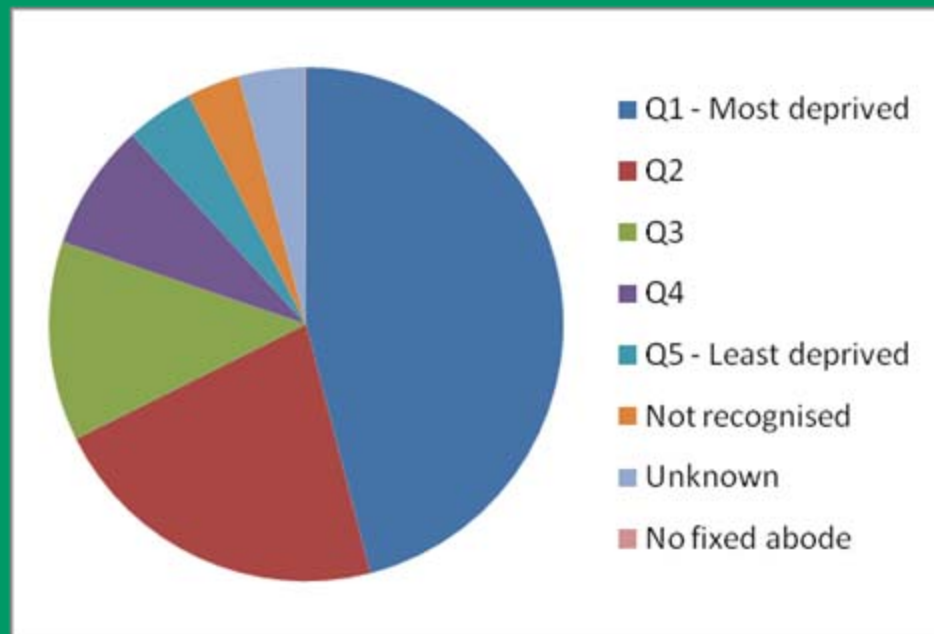
Direct comparisons to previous years not possible due to incomparable data, however recorded data showed:

- In 07-08 approx **£10.5m** was invested in **73** services, In 09-10 over **£9m** was invested in only **41** services, implying a significant increase per service
- Findings suggest a consistency in funding source with the majority of investment continuing to come from NHS
- Investment in services and assessing value for money is a priority of all services and Hub Leads will have more detailed information on this and investment within their localities

Health Trainer Services are facilitating behaviour change in most deprived groups

Services reportedly targeted at :

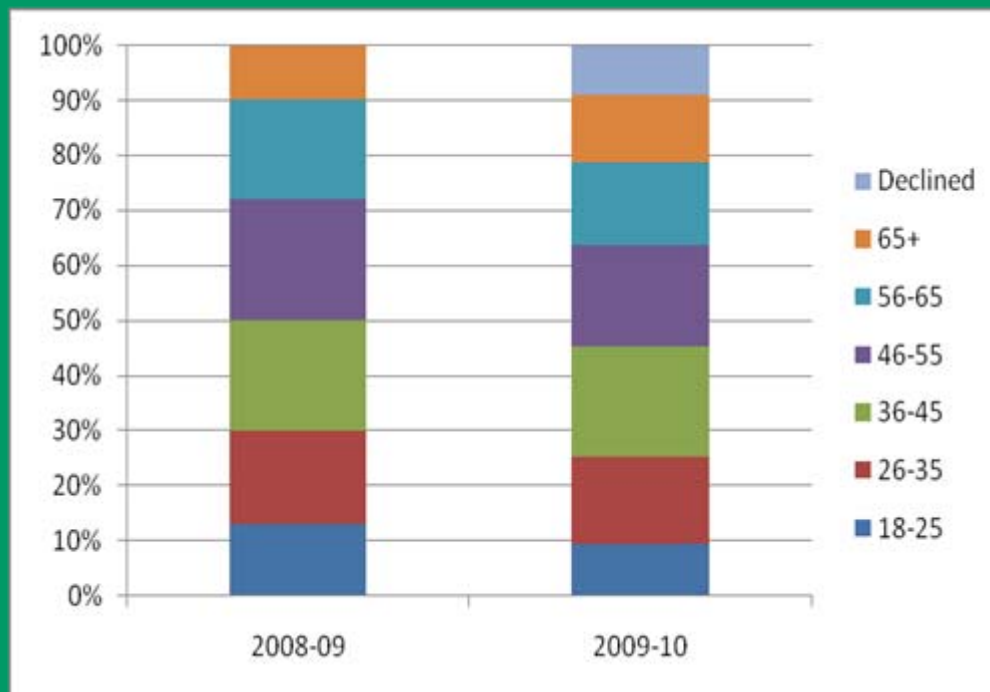
1. Geographical areas and wards with high deprivation levels and lowest life expectancy



Postcode Deprivation Status	Count	Percent
Q1 - Most deprived	53104	45.99
Q2	25001	21.65
Q3	14511	12.57
Q4	9197	7.97
Q5 - Least deprived	4942	4.28
Not recognised	3830	3.32
Unknown	4774	4.13
No fixed abode	108	0.09

Health Trainer Services are facilitating behaviour change in most deprived groups

2. People who face barriers to accessing local services e.g. BAME communities, older people, unemployed, asylum seekers, refugees, rural communities, men
3. Identifying those with or at high risk of CVD and long term conditions



Age Band	Percentage	
	2008-09	2009-10
18-25	13	9.29
26-35	17	16
36-45	20	19.68
46-55	22	18.08
56-65	18	14.86
65+	10	11.95
Declined	0	9.04

Conclusions

- **DCRS has proved to be a valuable resource for providing consistent and reliable data and should be regarded as the main source of information on Health Trainer service activity in the future**
- **Whilst not always directly comparable, reviewing data in EYRs over a four year period has shown a steady growth in Health Trainer service activity**
- **Health Trainer numbers have increased following a decline last year suggesting that THTs are qualifying as HTs**

Conclusions

- This year has seen a 50% increase in clients setting a PHP with positive outcomes for 76% of clients
- PHP figures show this as the main intervention provided by Health Trainer services compared to figures for signposting and information
- Main funder remains the NHS (PCTs)
- Services are still targeting those most in need

Recommendations

- **Data is your friend! The Health Trainer service has access to a unique data set.....Use it...it's a big success story!**
- **Share data from the DCRS, EYRs & Case Stories with decision makers and funders**
- **Adapt this presentation to suit your local circumstances**

Appendix 1: List of DCRS Users (31-3-2010)

A - M

Ashton, Leigh & Wigan PCT	Bury PCT	Eastern & Coastal Kent PCT	Hounslow NHS
Barnsley PCT	Calderdale PCT	Enfield PCT	Hull PCT
Bath & North East Somerset PCT	Cambridgeshire NHS	Gloucestershire NHS	Isle of Wight PCT
Bedfordshire NHS	Camden PCT	Great Yarmouth & Waveney PCT	Islington PCT
Berkshire West NHS	Central Lancashire PCT	Halton & St Helens PCT	Kensington & Chelsea NHS
Bexley Care Trust	Cornwall & Isles of Scilly PCT	Halton & St Helens PCT	Knowsley PCT
Birmingham East & North PCT	County Durham PCT	Hammersmith & Fulham PCT	Lambeth PCT
Blackburn with Darwen PCT	Coventry PCT	Hampshire NHS	Leeds PCT
Blackpool PCT	Derbyshire County PCT	Haringey PCT	Lewisham PCT
Bolton PCT	Devon PCT	Hartlepool & Stockton NHS	Lincolnshire Teaching PCT
Bradford and Airedale NHS	Doncaster NHS	Hastings and Rother	Liverpool NHS
Brent PCT	Ealing PCT	Heart of Bham tPCT	Luton NHS
Brighton & Hove City PCT	East Lancashire PCT	Hereford PCT	Manchester PCT
Bristol PCT	East Riding of Yorkshire PCT	Heywood, Middleton and Rochdale PCT	Medway NHS

Appendix 1: List of DCRS Users (31-3-2010)

M - Z

Mid Essex PCT	Nottingham City PCT	South of Tyne and Wear PCT	Walsall PCT
Milton Keynes NHS	Nottinghamshire County PCT	South Staffordshire PCT	Walsall PCT
MRCCS NHS	Oldham PCT	South West Essex NHS	Wandsworth PCT
Newcastle PCT	Oxfordshire PCT	Southampton PCT	Warrington NHS
Norfolk PCT	Peterborough PCT	Southwalk PCT	Warwickshire PCT
North East Essex PCT	Portsmouth tPCT	Stockport PCT	West Kent PCT
North East Lincolnshire PCT	Rotherham PCT	Stoke on Trent PCT	West Sussex PCT
North Lancashire NHS	Salford PCT	Suffolk PCT	Westminster PCT
North Lincolnshire PCT	Sandwell PCT	Swindon PCT	Wiltshire NHS
North Somerset PCT	Sheffield NHS	Tameside and Glossop PCT	Wolverhampton City PCT
North Staffordshire PCT	Solihull PCT	Telford PCT	Worcestershire PCT
North Yorkshire and York NHS	Somerset PCT	Torbay PCT	Yorkshire & Humber SHA: Improvement Partnership
Northamptonshire PCT	South Birmingham PCT	Tower Hamlets PCT	
Northumberland PCT	South East Essex NHS	Wakefield District PCT	